

Sponsored by the Village of Mt. Gilead Recreation Department – A Family Event

The Dash At Dusk

Mt. Gilead's Annual 5K Road Race / Fun Walk

Thursday August 13th 2009

All ages

The Dash at Dusk is a 5 K road race / fun walk sponsored by the Village of Mt. Gilead's Recreation Department and local businesses. After the race all runners are treated to ice cream, refreshments and swimming for the whole family. **T-shirts will be given to the first 100 entrants of the 5 K race.**

- **Place:** Mt. Gilead Municipal Swimming Pool, located on North Cherry Street
- **Registration:** 6:00 pm
- **Race Times:** Fun Run @ 7:35 pm and 5K Race @ 8:00 pm
- **Course:** Fairly flat blacktop surface. Out and back course is accurately measured with one water stop and splits at each mile.
- **Facilities:** Showers and restrooms available. Ice Cream, refreshments and swimming after the race.
- **Entry Fee:** \$13.00 pre-registration, \$15.00 day of race. Make checks payable to the Village of Mount Gilead.
- **Awards:** Trophies to first three over-all male and female finishers
Metals to top three in each age group.

Award ceremony immediately following race, than many **Door Prizes and Swimming.**

This event is designed for family enjoyment. We encourage and recommend you plan this event as a family outing. Additional parking is available at the adjacent grade school and high school, located on Park Avenue. Be prepared for Cherry St and Park Avenue to be closed, but you will be allowed through to park at the schools.

ENTRY FORM AND RELEASE OF ALL CLAIMS AND PROMISE NOT TO SUE.

As a participant in this and / or any other program of the Village of Mt. Gilead, I recognize and acknowledge that there are certain risks and I agree to assume all such risks that I may sustain as a result of participating in any and all activities connected with or associated with such programs. In consideration of the Village of Mt. Gilead accepting me or my child's registration, and with intent to be legally bound, I hereby, for myself, my child, all heirs, executors, administrators and assigns, do hereby forever release, waive and relinquish all claims I have as a result of participating in this and all other programs of the Village of Mt. Gilead and its officers, agents, servants, employees and insurers,

Name of participant: _____ **Male / Female**

Address _____

City _____ **Zip Code** _____

Parent Signature if under 18: _____ **Phone** _____

Age Brackets: Men and Women (Circle one)

Under 14, 15 to 18, 19 to 24, 25 to 29, 30 to 34, 35 to 39, 40 to 44, 45 to 49 and over 50

T Shirt size Small Medium Large X-Large

Send entries to: Dash at Dusk, 72 West High Street, Mt. Gilead, Ohio 43338