

THE ONE MILE EVENT

THE ONE MILE THIS SUMMER
YOU DON'T WANT TO MISS

Sunday August 15th

Entry Fee: \$18.00

- **SPECIAL** of \$3 off for all entrants into the Fall Fest 5k
- **SPECIAL** of \$3 off for all student athletes

***Discounted entries must be mailed or done in person at Second Sole**

Location: Leisure Path @ Westerville Sports Complex (325 N. Cleveland Ave. Westerville, Ohio 43082)

Time: Race day registration begins at 7:30 a.m. Race Waves begin promptly at 9 a.m.

Awards will be presented to: Top 3 overall Male and Female finishers, top individual male and female masters as well as top 3 male and female finishers in each of the respect age groups: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over.

***Additionally there will be a special award given in the chute to the first 25% of finishers!**

Many of you run 10's, 100's and even 1000's of miles in a year. You train for 5k's, 10k's, half marathons and many of you train to run 26.2 miles at one time. So how often do you get to go out and see how fast you can run for just one mile? Break up that summer training a bit and come join us to celebrate the most fun race in all of running. Whether you are looking to feel young and fast again, or you are young and fast and looking to drop a fast time, this flat one mile loop will provide you with the best 1609 meters you'll run all summer! Email questions to tim@secondsoleohio.com

Name _____ Run _____ Walk _____

Address _____ City _____ State _____ Zip _____

Email _____

Age _____ Gender: Male Female **Shirt Size** (adult sizes): S M L XL XXL

WAIVER:

In consideration of being permitted to participate in any way in the activity ("Activity") I, for myself for personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND THAT: THESE ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inaction's, the actions or inaction's of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE SECOND SOLE RACING LLC AND ANY OTHER EVENT SPONSORS; (c) there may be OTHER RISK AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

Signature: _____ Date: _____

_____(Parent/Guardian if participant is under 18 years of age)

Mail Completed Form and Entry Fee to: Second Sole Racing, ATTN: One Mile Event, 315 Stoneridge Lane, Gahanna, OH 43230 OR Register online at: www.SecondSoleRacing.com

