

Liberty Summer Classic

5k

XC for the young & Young at heart

Friday, July 30th, 2010

Nature + Run + Eat = Happy

A cross country style race for everyone!

Presented by

Olentangy Liberty Cross Country



Please join the **Olentangy Liberty boys cross country team** and the **Columbus Running Co. Charity Fund** for a night at **Olentangy Indian Caverns** for some classic XC style racing.

Kids 8&U Run – 6:25pm

Men's and Women's 5k – 6:30pm

Course/Directions:

The Liberty Summer Classic 5k will take place at Olentangy Indian Caverns, which is off Home Rd. and east of Liberty Rd. Olentangy Indian Caverns is just west of State Route 315 on Home Rd. (Please visit the Caverns website at <http://www.olentangyindiancaverns.com/> for more information.) The course is open to runners and walkers and consists of grass, hills and groomed wooded trail. Spikes are welcome.

Awards:

Kid's Run - All finishers will receive a medal.

Men's and Women's 5k - Overall winners will earn a free pair of xc spikes from the CRC. Sweet.

Team Race - You can enter a team in these categories - open division, high school division, and middle school division. Three people per team score, you may have up to five on a team. (no awards, just bragging rights☺)

Extra: A free post-race Pot Luck will be held for all participants in the park. If you are a spectator, you are welcome to the food with a donation to the Liberty XC team. Come hungry.

How to enter:

Register online at ColumbusRunning.com/libertyxc.htm or via mail using this form. There is no late entry fee, but we encourage you to pre-register. Additional donations towards OLXC are encouraged but not required. You may have up to five on your team, but only the top three will score if you are competing in the team event.

Entry Fees

5k Race: \$15.00 Team of Three: \$30

Each additional person on the team (up to 5): \$10/ea.

Kid's Races: Free - simply turn in a waiver.

Entry Form

First Name _____

Last Name _____

Age _____ Sex _____ Phone _____

Email _____

Address _____

City _____ State _____ Zip _____

Circle One: Male Race Female Race 8&U Kid's Run

Team Name(if applicable) _____

Team Division (circle one): Open HS MS

Make check to: Olentangy Liberty Athletic Boosters
MEMO: Cross Country

Mail entry to: Columbus Running Company Charity Fund
6465 Perimeter Dr. Dublin, OH 43016

Waiver: In consideration of the acceptance of this entry, I hereby waive and release any and all right and claims for damages that I or my heirs may have against the Columbus Running Company, Liberty Park and Trustees, Olentangy Liberty High School Cross Country Athletic Boosters, race sponsors and volunteers. I certify that I have properly trained for this event and am medically able to participate.

Signature: _____

Parent's signature if under 18: _____

