

CAP CITY 10 MILER & 10K

SATURDAY, AUGUST 2ND – 8:00AM

Welcome to the 6th event in the 2008 Columbus Grand Prix series presented by Toyota!

This event is also the 2nd event in the 2008 Run Wild Fall Marathon & Half Marathon Training Series presented by FrontRunner, Hammer Nutrition, Smartwool, Brooks and Wheelie Fun bikes. This year's 10 miler and 10K will be located in the wonderful community of New Albany with a course that will take your breathe away!

AWARDS

Awards will be given to the top three males and females overall as well as the top three in each category. Each participant that completes the course will receive a custom finisher's medal.

ENTRY FEE

10M: \$30 before 07/01, \$35 after 07/01 and \$40 on race day
10K: \$27 before 07/01, \$30 after 07/01 and \$35 on race day

DISTANCE

10 Miles & 10K (6.2 Miles)

PRE REGISTRATION & PACKET PICKUP

FrontRunner: 1344 W. Lane Ave – Columbus, OH 43221
Dates & Times: Wednesday 07/30 to Friday 08/01
Wed - Fri 10:00 a.m. - 8:00 p.m.

REGISTRATION

Saturday August 2nd, 2008 from 6:00 a.m. – 7:45 a.m.
RACE DAY REGISTRATION IS ALLOWED

NEW: Credit/Debit Cards are now accepted on race day.

DIVISIONS

Age Groups: Under 11, 11 - 14, 15 - 19, 20 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, 65 - 69, 70+, Cruisers (Men over 200lbs and Women over 150lbs) and Race Walkers (Must walk entire event)

COURSE INFORMATION

These courses will start / finish at the New Albany High School and take you through a loop course in and around the New Albany Community that is one of kind and breathe taking to say the least. Your jaunt through New Albany will be highlighted by the country club, beautiful homes and their world-class golf course along the roads and bike paths. Surely a MUST do on any runner/walker in and around Ohio...

New Albany High School - 7600 Fodor Rd, New Albany, OH 43054

DIRECTIONS

From I-270, take 161 East, exit at New Albany Road, go right, make first left which is Fodor Road and look for the high school and parking on your left.

RACE PACKET

Each participant will receive their goodie bag, which will contain your Bib #, high quality technical shirt along with other event sponsor information.

AMB CHIP PICK-UP

Chip pick-up is race day from 6:00 a.m. to 7:45 a.m. so bring your race BIB # to get your chip and neoprene ankle strap. If you want to be timed, eligible for awards and results posted on the web, you MUST wear the chip. Please arrive at least 30 minutes prior to race start to get your chip.

NOTE: Lost or unreturned chips will result in a \$100 fee charged to participant.

RUN WILD FALL MARATHON & 1/2 MARATHON TRAINING SERIES:

Fantastic Father's Day 5 Miler & 5K - 06/15 - Columbus
Cap City 10 Miler & 10K - 08/02 - New Albany
Spirit of Columbus 1/2 Marathon & Relay - 8/31 - Columbus
Home Stretch 20 Miler & 20K - 09/28 - Groveport

USATF COURSE CERTIFICATION #:

Courses Pending USATF Certification

ONLINE REGISTRATION: www.runwildracing.com

QUESTIONS & CONTACT INFO:

614-795-0249 or info@runwildracing.com

CAP CITY 10 MILER & 10K SATURDAY, AUGUST 2ND

(ALL FIELDS ARE REQUIRED TO BE FILLED OUT)

REGISTRATION FORM

Step 1: Personal Information

First Name: _____ MI: _____
Last Name: _____
Address: _____
City: _____ State: _____ Zip Code: _____ Phone: () _____
Birthdate: _____ Sex: **Male** / **Female** T-shirt Size: **XS S M L XL XXL**
Email: _____
Emergency Contact Name: _____ Emergency Contact Phone: () _____

Step 2: Select Your Division

- Age Group
 Cruisers (Male 200+lbs / Female 150+lbs)
 Race Walker (Must walk entire event)

Step 3: Select Race

- 10 Miler
 10K

Step 4: Entry Fee

- Before 07/01: **10M - \$30 (10K - \$27)**
 After 07/01: **10M - \$35 (10K - \$30)**
 Race Day: **10M - \$40 (10K - \$35)**

Please make your check payable to:

Victory Man Racing, LLC.

P.O. Box 3239 - Westerville, Ohio 43086

Running/Walking Club Name: _____ Club Run Wild Member: **Yes / No**

Waiver:

The undersigned ("ATHLETE") on behalf of himself/herself and on behalf of Athlete's personal representatives, assigns, heirs, executors, hereby fully and forever release, waives, discharges and covenants not sue Victory Man Racing, LLC, dba Run Wild Racing, the Village of New Albany, Plain Township Local School District, the USAIF, and all municipal agencies whose property and/or personnel are used, and all other sponsoring or co-sponsoring companies or individuals related to the Cap City 10 Miler & 10K (collectively "RELEASEES") from all liability to the Athlete and his/her personal representatives, assigns, heirs, and executors, for all loss(es) or damage(s) and any and all claims or demands therefore, on account of injury to the Athlete or property or resulting in the death of an Athlete, whether caused by the active or passive negligence of all or any of the Releasees or otherwise, in connection with the Athlete's participation in the Cap City 10 Miler & 10K ("RACE"). The Athlete represents and warrants that he/she is in good physical condition and is able to safely participate in the RACE. The Athlete is fully aware of the risks and hazards inherent in participating in the RACE and hereby elects to voluntarily compete in the RACE, knowing the risks associated with the RACE. The Athlete hereby assumes all risk of loss(es), damage(s), or injury(s) that may be sustained by him/her while participating in the RACE. The Athlete agrees to the use of his/her name and photographs in broadcasts, newspapers, brochures and other media WITHOUT ATHLETE permission or compensation. The Athlete acknowledges that the entry fee is non-refundable and non-transferable. The Athlete hereby consents to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during the event.

SIGNATURE _____ DATE _____

GUARDIAN SIGNATURE (If under 18) _____ DATE _____

FrontRunner Use Only:

BIB # Assigned: _____ Payment Method: _____

Amount: _____ Packet Pick-Up Date: _____