



Green Day

5K Run & 2K Fun Walk
April 2, 2010
Downtown Goshen, Indiana
www.gofridays.com

RACE DAY SCHEDULE

5:00 pm Check-In/Race Day Registration at the Goshen News (114 S. Main Street)
Bibs/Chips/T-shirts handed out
Bring photo identification/driver's license

5:50 pm Pre-race meeting at starting line (corner of Washington & Third Streets)

6:00 pm 5K Run & 2K Fun Walk begins
Awards immediately to follow race on Washington Street

COURSE

Consists of grass, gravel and pavement - mostly flat with some small inclines and declines. There will be mile markers on the course, as well as, volunteers to direct runners. View a course map online at www.gofridays.com. Course is subject to change dependent on weather (part of the course is in a flood plain).

AWARDS

5K awards will be offered to the top three males and females in each age group (18-and-under, 19-24, 25-34, 35-44, 45-54, 55-59, 60 and over). All walkers will receive a participatory ribbon. Awards ceremony will take place immediately following the completion of the event.

RESULTS

Results will be posted at the finish line, in The Goshen News and on the First Fridays website.

ENTRY FEE

\$15.00 Early Registration (Postmarked on or before March 25. T-shirt guaranteed.)
\$20.00 Late Registration (March 26 – April 1. T-shirt not guaranteed)
\$25.00 Race Day Registration (T-shirt not guaranteed)
\$5.00 Special Student Rate (T-shirt not included)

**Participants will be charged a \$10.00 fee for lost or damaged timing chips*

WAYS TO REGISTER

- Register online at www.gofridays.com. Online registration and payment is available until 5:00 p.m. on Thursday, April 1.
- Fill out the attached form and mail it in along with cash or check (must be postmarked by Monday, March 29).
- Race day registration will be available starting at 5:00 p.m.

FOR MORE INFORMATION

Grace Hunsberger, Director of First Fridays – 574-536-8899 or grace@gofridays.com
Doug Yoder, Green Day Race Organizer – 574-535-7495 or dougy@goshen.edu

THE GOSHEN NEWS
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April 2, 2010
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RACE REGISTRATION FORM

First Name: _____ Last Name: _____

Sex: M F Age (on race day): _____ Phone: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Email (if you want to join our mailing list): _____

Event: 2K Fun Walk 5K Run Shirt size: S M L XL

Emergency Contact Name: _____ Phone: _____

I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for my all liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise.

Signature of Participant (Parent/guardian if participant under 18 years of age) _____ Date _____

Entry Fee (Checks payable to: Downtown Goshen, Inc.):
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Please mail check with registration form to:
Downtown Goshen, Inc.
234 S. Main Street, Suite 4
Goshen, IN 46526

