

Camp Mowana "Run Through the Pines 5K"

*Cross Country Trail Run/Walk
Saturday, July 7, 2018, 9:00am*



Location: Camp Mowana, 2276 Fleming Falls Road, Mansfield, Ohio 44903. Office: (419) 589-7406, Cell: (614)636-4414

Directions: Camp Mowana is located just north of Mansfield, Ohio, off of State Route 42. Upon turning onto Fleming Falls Road, follow the road approximately 1/4 mile to the camp entrance on your right.

Registration: By mail or on-line registration available at ohioraceday.com/races. On-line registration closes at 8pm on Thursday, July 5th. Race day registration will be available from 8:00 am to 8:45 am. *All proceeds will go to provide "camperships" for youth who cannot afford to attend camp. Camp Mowana is a 501c(3) charitable organization.*

Entry Fee: For 5K Run or Walk is \$25.00 pre-registered, \$30.00 race day. Family total of \$80 for (4) people when pre-registered. **You are NOT guaranteed a T-shirt if you register after 1 p.m., Wednesday, June 27, 2018. If the online option is still there to select a shirt, most likely they are still available.**

Virtual Runner: Go online to www.lomocamps.org and run along with an actual runner's video from the race in 2015!

Awards:

5K Run - the top three male & female will receive awards plus the top two in each age group: 9 & under, 10-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

5K Walk— the top two male & female will receive awards

FREE— Kid's Fun Run at 8:30am: Every child gets an award!

Course: The course is a beautiful Cross-Country course. You will run though a barn, through the pine forest, on the ridge of a waterfall, and over various terrain—grass, asphalt, stones, etc. The run and walk will cover the same route.

After the Race: Post race refreshments plus the **swimming pool will be open from 9:30am-11:30am, so bring your family and have a great time together in this beautiful 183 acre setting!** For more information, please go online to www.lomocamps.org.

Camp Mowana 5K Trail Run/Walk

Select Event (circle) 5K Run / 5K Walk

Name _____ Sex (circle) F M

Address _____ City _____ St _____ Zip _____

Age ____ Birth Date ____/____/____ T-Shirt (circle) YM (10-12) S M L XL E-mail _____@_____

I would like to make an additional tax deductible donation to Camp Mowana. Amount \$ _____

I, the undersigned, realize that running a road race is a potentially hazardous activity. I should not enter & run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to safely completing the run. I assume all risks associated in running this event including, but not limited to, falls, contact with other participants, the effects of the weather, traffic, and the conditions of the trails, all such risks being known and approved by me. Having read this waiver, and knowing these facts, and in consideration of you accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release Camp Mowana and Lutheran Outdoor Ministries in Ohio, all sponsors, their representatives and successors from all claims of liability of any kind arising out of my participation in this event. I hereby grant full permission to any or all of the foregoing to use any photographs, video tapes, motion pictures, recordings, or any other record of this event for any legitimate purpose. All race entries are non-refundable. We reserve the right to reject entries.

Signature (Parent or Guardian if under 18) _____ Date _____

Checks are to be made out to *Camp Mowana* & mailed to: Camp Mowana, 2276 Fleming Falls Road, Mansfield, Ohio 44903.