

Return this form with payment

Make checks payable to: Salem Church of God
Mail to: **Salem 5K**
4058 Rymark Court
Dayton, OH 45415

Name: _____

Age: _____ (on 6-15-13) Sex: M F

Birthdate: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

T-Shirt: S M L XL XXL

In consideration of my entry, I do for myself, my executors, administrators, and assignees, do hereby release and discharge the Salem Church of God and all other sponsors for all claims, damages, demands, actions whatsoever in any manner arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

Signature _____

If under 18 Parent/Guardian Signature

COURSE AND AGE GROUP RECORDS

MALE OVERALL

Matt Folk 14:44 in 2007

MALE MASTERS (OVER 40)

Mike Michno 15:30 in 2005

FEMALE OVERALL

Tara Storage 16:32 in 2007

FEMALE MASTERS (OVER 40)

Michelle Kitze 19:00 in 2006

11TH ANNUAL

SALEM

5K

RUN/WALK

ALL RUNNERS
& WALKERS
WELCOME

Contact Info & Website

Doug Norton (937) 232-3774

Salem5k@yahoo.com

www.alliancerunning.com

Course Map, Records, and Results can
be found on website



6500 Southway Rd.
Clayton, OH 45315
(937) 836-6500
www.SalemChurch.org

June 15, 2013
9:00 AM at
Salem Church of
God in Clayton, Ohio

ALL RUNNERS &
WALKERS WELCOME

Salem's 5K to benefit Outreach Ministries

Bridge Ministries— Hungary

Caring Partners International

Children of Promise

Church of God Ministries

Community Table

Global Cities—Budapest

Gospel Mission

Heart to Honduras

Robin & Faith Jelle

The Meeting and Training Integral Center in

Paraguay

Ohio Ministries of the Church of God

The Oldham Family

OneHeart

Operation Rebirth

Salem Sewing Ministry

SOAR

SOZO Church Plant

*Come out and enjoy a nice walk or run and
learn more about these outreach
opportunities that touch lives in the Greater
Dayton area, nationally and internationally.*



at Salem Church of God

Course:

Certified TAC# OH 01036PR

Very Shaded—Markers at every 1/2 mile

Water stop at 1.5 mile

Pre-Registration (By May 27th):

\$15 with shirt or \$10 without shirt

All pre-registered runners eligible for door prizes!

Race Day Registration

\$20—t-shirt not guaranteed

Online Registration Available

At <http://alliancerunning.com>

Post-Race Activities

Plenty of food and refreshments

Packet Pick-Up

7:30—8:45 AM at the Church RAC (Gym)

Directions:

North, South or East of Clayton

Take I-70 West to Exit 26, Turn left onto Hoke Rd,
right on Route 49, and left on Southway Rd.

West of Clayton

Take I-70 East to Exit 26, right on Southway Rd

Church is located at 6500 Southway Rd

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AWARDS

Top 3 Overall Male/Female will receive special awards

AGE GROUP AWARDS

Medals to top 3 in each age group

Male/Female Age Groups

10 and under † 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 and up

Special Award to runner who sets new age group record!

Age Group	Male	Female
10 and Under	Troy Schultz 19:37	Kati Ruse 26:46
11—14	Sam Wharton 17:22	Allison Steinbrunner 20:10
15—19	Brent DesRoches 15:17	Carol Eckerly 19:09
20—24	Michael Sawicki 14:59	Erin Nehus 17:17
25—29	Josh Ordway 14:56	Tara Storage 16:32
30—34	Matt Folk 14:44	Mindy Leisure 17:45
35—39	Dave Johnson 15:52	Michelle Kitz 18:37
40—44	Mike Michno 15:30	Michelle Kitz 19:00
45—49	Chris DesRoches 16:01	Janie Wilson 19:37
50—54	Bob Campbell 17:09	Sherry Hyden 21:20
55—59	Dave Blankenship 17:19	Ingrid Honzak 24:52
60—64	Ron Legg 18:33	
65—69	Warren Elam 20:44	
70 and up	Wayne Wheeler 23:11	