

# Sponsors

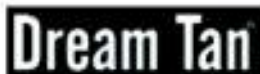


www.oaevansville.com  
812-424-9291

**Amber Woodruff**  
Hair Stylist and Skin Services Specialist  
812-598-5588  
AmberWoodruffstylist@yahoo.com



# Sponsors



Jim O'Risky



The RC BOTTLING and ALL SPORT

# 2010 Mid-America 5k Run

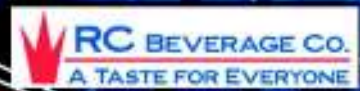
part of the WMBF  
Pro Bodybuilding Championship Weekend!

## and SUBWAY Kids' Fitness Challenge!

Harrison High School - 211 Fielding Rd, Evansville, IN 47715

Saturday, July 31, 2010 • 7:35 am

Title Sponsors:



The host hotel for the event.

# 2010 Mid-America 5K Run and Kids' Fitness Challenge!

**Saturday, July 31, 2010**

7:35 am  
Harrison High School  
211 Fielding Rd.  
Evansville, IN 47715

**Late Registration:**  
6:00 am - 7:15 am

**Kids Races and Events Begin  
at the Track at 8:30 am:**

6 and under - 50 meters  
7-9 - 100 meters  
10-12 - 200 meters

~ all kids receive a medal for finishing ~

*Proceeds from this race will benefit The Shadow Foundation  
- dedicated to childhood nutrition and health*

**Trophy to Overall Male and Female**  
Awards to Top Three in age groups below.

**5K Run Male and Female  
Age Groups**

12-Under	13-15	16-19
20-24	25-29	30-34
35-39	40-44	45-49
50-54	55-59	60-64
65-69	70+	

**5K Walk Awards**

Top Three Men and Women

**T-shirt and drinks will be provided.**

**Age-appropriate  
challenges like a  
long jump, push ups,  
pull ups, sport-specific  
activities, and obstacle  
course will be  
available for  
kids!**

**Turn by Turn Map:**

1. Start on Intersection of Fielding Rd. and School Side Dr.
2. Right into parking lot behind school
3. Right on Cullen Ave.
4. Onto Overpass over Lloyd Expressway
5. Right on Division St.
6. Right on North Cullen Ave.
7. Right on East Virginia St.  
(One Mile Marker at .07m after turn)
8. Right on Metro Ave.
9. Right on Division Ave.
10. Right on North Royal Ave.  
(2 mile marker at Opus1 Music)
11. Left on East Virginia St.
12. Left on North Cullen Ave.
13. Left on Division Ave.
14. Onto the Overpass over Lloyd Expressway
15. Down Sidewalk
16. Right on Fielding Rd.
17. Enter Gate; Complete a lap on the Track.  
(3 Mile Marker when at 200 meter mark)
18. Finish at Track Finish Line.

**Map at:**

<http://www.usatf.org/routes/view.asp?rID=296255>

**MUST MAIL BY July 24th**

Make checks payable to:  
**The Diet Doc**

Mail to:  
**Mid-America 5K**  
c/o The Diet Doc

8601 North Kentucky Avenue, Suite G  
Evansville, Indiana 47725

For More Info Call: 812-868-8710

Event Sponsor

The  
**Diet Doc**  
*Living Above the Crowd*

**RACE REGISTRATION FORM**  
Please Print

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_

**One Entry Form Per Person  
MUST CIRCLE ALL BELOW:**

Male/Female

Shirt Size: S M L XL

Race: 5K Walk 5K Run

**Entry Fees**

<b>On or Before 7/24</b>	<b>After 7/24</b>
\$15.00	\$20.00

**WAIVER:**

In submitting this entry, I, intending to be legally bound for, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims that I may hereafter accrue to me against the Greater Evansville Runners/Walkers Club, the event sponsors, event volunteers, and their officers, directors, agents, successors, and/or assigns for any and all injuries suffered by my family and me at this event, while traveling to and from the **EVSC, EVANSVILLE, Dr. Joe Klemczewski and The Diet Doc** or while participating in the event. I attest and verify that I am physically fit and sufficiently trained for the competition of this event.

**Signed:**

(Note: Parent or Guardian must sign if applicant is under 18 years of age.)