



The Ohio River Road Runners Club

invites you to attend the

18th Annual Lou Cox Memorial 5k Run & Fitness Walk

Monday – May 30th – 9:00 A.M. • Dayton City School's Welcome Stadium



Professional Purveyors of Travel



Please thank our sponsors for their generosity: White-Allen Chevrolet, Heidelberg Distribution, Endurance Sports, National City Bank, University of Dayton Department of Health and Sport Science, Huffman Travel, RoadID, Kettering Overhead Door and Cox Radio WHIO-1290.

LOCATION: Welcome Stadium, located at 1601 S. Edwin C. Moses Blvd, is the starting and finishing line. Parking will be available at Gates C & D, though the gates will be closed 15 minutes prior to the start of the race. Race day (Monday) registration is available 7:00 A.M. to 8:30 A.M. Come early to beat the large crowds. This will be a chip-timed race.

PACKET PICK-UP & EXPO: Held **Saturday, May 28** (not on Sunday) from 1-4 P.M. at the White-Allen Chevrolet showroom, 442 N. Main St. Parking is available in the lot just southeast of the dealership on Riverdale Ave.

REGISTRATION: For all entries postmarked by May 10, 2005, the registration fee is \$15 and shirts will be guaranteed. The fee for registration after May 10, 2005 is \$18 (do not mail registrations after May 20). Shirts may be available to late registrations, but availability is not guaranteed. On-line registration is available through www.active.com.

****Additional registration forms are available on the May race calendar at www.orrrc.org.****

AWARDS: TOP 3 male and female overall. TOP 5 male and female finishers in the following age brackets: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 & over. Also, TOP 3 finishers in the wheelchair, Clydesdale A (male 200-224 lbs.), Clydesdale B (male 225 lbs. and over) and Grand Dames (female 150 lbs. and over). Awards not picked up at the race will be available at Endurance Sports until June 10, 2005.

FLYER HANDICAP: Runners can enter the Flyer Handicap by being weighed by the UD representatives at either the Expo or at Welcome Stadium up to 30 minutes prior to the race. Overall awards will be given to the TOP 5 age/weight graded male and female runners.

KID'S FUN RUN: A kid's fun run will be held after the race inside Welcome Stadium. Children 9 & under are welcome to participate and will each receive a certificate of accomplishment.

RESULTS: All registered participants will receive the summer issue of Road Runner Ramblings, the official newsletter of the Ohio River Road Runners Club. Results will also be available at the race and on-line at www.ORRRRC.org.

DOOR PRIZES: There will be multiple door prizes awarded during the post-race awards ceremony. You must be present to win. There will also be two special grand prize drawings. You must indicate on the entry form which drawing you would like to enter: the drawing for at least one \$500 college scholarship, compliments of University of Dayton Department of Health and Sports Science; or the drawing for a \$500 travel certificate, compliments of Huffman Travel. If none are selected, your entry form will automatically be entered into the drawing for the travel certificate.

FINISH LINE: Runners and walkers will be issued a computerized chip to be worn on your shoe to record the race results. Chips will be distributed at the Packet Pick-Up at White-Allen Chevrolet and on race day at Welcome Stadium. Each participant will be responsible for returning the chip at the finish line. If you fail to return the chip, a \$35 charge will be assessed to you. If you forget to return the chip at the race, an envelope will be provided at Packet Pick-Up to return the chip. Your cooperation at the finish line will allow us to promptly record times and finish the race results.

Food and water/drinks will be available to all participants. Please remember to thank the volunteers you make this race such a success. Thank you for your participation and good luck.

If you have additional comments or questions, you can email the race directors at loucox5k@aol.com.

OVER \$1500 WORTH OF DOOR PRIZES TO BE GIVEN AWAY!

