

# K9 5K & 1 MILE FUN DOG WALK



SATURDAY, AUGUST 5<sup>TH</sup> 2017



**Registration: 7:30 a.m. Race Time: 8:30 a.m.**

**Courses:** Flat 5K and 1 Mile walk run along Greenway Trail (paved bike trail) starting and concluding at Lampson Road entrance in Austinburg Township. The 5K race goes south and back on the trail; 1 mile dog walk goes north and back on the trail. Turnarounds are at halfway points for the 5K race and the dog walk. For safety, runners only for the 5k race; dogs are permitted for the 1 mile walk.

**Directions:** Lampson Road Staging Area is on the Western Reserve Greenway in Austinburg. From I90 take State Route 45 (exit 223) south 2.3 miles. Turn left (east) onto Lampson Road. Go 1/2 mile to the Lampson Road Staging Area and turn right (south) into the parking lot. Ample parking, picnic pavilion, and restroom facilities are available on site.

**Registration Fee:** The 5K pre-registration fee is \$15 up to August 4th, race day is \$20. The 1 Mile dog walk registration is \$10. All race and dog walk proceeds go to Lake Erie Dog Park Association.

**Awards:** 5K Race, Overall male and female winners receive trophies. 1st place finishers in each age group (Male & Female) will receive medals. 2nd and 3rd place finishers in each age group (Male & Female) will receive ribbons.

**Age groups:** 14 under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 over

**Sanctioning:** This is a USA Track and Field sanctioned event.

**For information about the Lake Erie Dog Park Association visit our Facebook page.**

Make Checks Payable to: **Lake Erie Dog Park Association** Mail Check and Form to:  
LEDPA, 4522 State Rd South, Ashtabula, Ohio 44004  
Registration Form available online at [www.ashtabuladistancerunners.org](http://www.ashtabuladistancerunners.org)  
Race Director: Dawn Cragon (440) 812-8677



**Indicate Event:** 5K Race:  1 Mile Dog Walk:  Amount \$ \_\_\_\_\_

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

*I accept that I compete in this event at my own risk and I hereby waive and release the event, Ashtabula City, Ashtabula County Metroparks, ADR, and all sponsors, contributors, supporters, and officials associated with the event from all rights and claims for any accident, injury, or loss suffered as a consequence of my participation or volunteer work.*

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Must be signed by parent (if under 18 years)

*LEDPA is a 501(c)(3); donations to our organization are tax deductible and greatly appreciated! You can also donate directly via our Facebook page.*