



Ashtabula County Metroparks



# Ashtabula Greenway Trail 10K & 2 Mile

## June 15, 2019

**Registration: 7:00 a.m.**

**Race Time: 8:00 a.m.**

**Courses:** Flat 10K and 2 Mile races along Greenway Trail (paved bike trail) starting and concluding at Lampson Road entrance in Austinburg Township. The 10K race goes south and back on trail, 2 mile race goes north and back on trail. Turnarounds are at halfway points for each race.

**Directions:** Lampson Road Staging Area is on the Western Reserve Greenway in Austinburg. From I-90 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 10K pre-registration fee \$20 up to June 15<sup>th</sup>, race day is \$25. The 2 Mile pre-registration fee is \$15 up to June 15<sup>th</sup>, race day is \$20. The first 80 registered receive an ADR apparel item. This is an Ashtabula Distance Runner's Club (ADR) Event. Club members receive \$5 off registration fee. On-line registration is available at <https://stasnyroadracing.com/upcoming-events/>. All race proceeds go to ADR Club to support college scholarship program and club member benefits.

**Awards:** 10K Race - Medals for top 3 overall male and female and top 3 in age group categories: 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.

2 Mile Race - Medals for top overall male and female and first place in age group categories. Also, there will be a **Chinese Auction** and **50/50 Raffle!**

**Timing and Scoring:** Stasny Road Racing (ChronoTrack Chip Timing)

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



**Race results at Ashtabula Distance Runner's (ADR) site:**

[ashtabuladistancerunners.org](http://ashtabuladistancerunners.org)

Make Checks Payable to: **Ashtabula Distance Runners Club (ADR)**

Mail Check and Form to: ADR, P.O. Box 43, Ashtabula, Ohio 44005

Race Director: Terry Putt @ 440.474.3925

Indicate Event:      10K Race: \_\_\_\_\_      2 Mile Race: \_\_\_\_\_      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, City of Ashtabula, Stasny Road Racing, LLC, and all sponsors, contributors, supporters, and officials associated with the event from all rights and claims for any accident, injury, or loss suffered as consequence of my participation. Signing this race form also grants Stasny Road Racing, LLC permission to add your email to their database and use race photos and video from the event on social media and internet outlets.

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

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

Must be signed by parent (if under 18 years)