

Register online at www.crh.org/millrace or mail in your entry on the form to the right. One entry per form please. Duplicate as needed.

11th Annual Mill Race Race & Mayor's Walk



**11 Years Of Racing
To Make A
Difference**



to benefit Healthy Communities Initiative

**Saturday
September 22, 2007
Columbus, Indiana**

**15K Run, 5K Run,
5K Walk,
Kids Fun Run,
5K Team Challenge Run,
5K Team Challenge Walk**

Mill Race Race & Mayor's Walk Entry Form — 2007

Saturday, September 22, 2007 8:15 a.m.

Register online at www.crh.org/millrace or mail in your entry on the form below. One entry per form please. Duplicate as needed. Check the event you are entering:

- 15K Run 5K Run 5K Walk Kids Fun Run
 5K Team Challenge Run 5K Team Challenge Walk

TEAM NAME and TEAM CAPTAIN (for 5K Team Challenge Run or Walk)

Last Name/First Name/MI

Street Address/Apartment Number

City

State

Zip

Gender

Date of Birth

Age (on 9/22/07)

Preferred Telephone

E-Mail Address

T-Shirt Adult Size (circle one) S M L XL XXL

Mail-In Registration Fees

Mail-in entries must be postmarked by September 12, 2007

15K Run	\$22	\$ _____
5K Run/Walk	\$17	\$ _____
5K Team Challenge Run/Walk	\$100	\$ _____
Kids Fun Run	Free	\$ _____
T-shirt for child above entered in Kids Fun Run	\$5	\$ _____
I would like to make an additional donation to Healthy Communities Initiative.		\$ _____
TOTAL		\$ _____

- Check enclosed Credit card payment: Visa MasterCard

Card number _____ Expiration Date _____

Name as it appears on card _____

Authorization signature _____

I hereby authorize Columbus Regional Hospital Foundation to immediately bill the indicated entry amount against my credit card account.

Please make checks payable to Healthy Communities Initiative. Mail completed entry form and entry fee to: Mill Race Race, c/o Healthy Communities Initiative
2400 East 17th Street, Columbus, IN 47201

Don't forget to sign the release below. This is required for your entry to be processed.

Online registration provided by Signmeup.com and powered by Afficient.

RELEASE FORM — REQUIRED

Read Before Signing

In consideration of acceptance of my entry, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, hereby release, discharge and agree to hold free and harmless Healthy Communities Initiative, Columbus Regional Hospital, Columbus Regional Hospital Foundation, Columbus Running Club, the City of Columbus, IN, any sponsors, officials, or organizers of the 2007 Mill Race Race and Mayor's Walk and each of them together with their successors, assigns, officers, agents and employees from any and all liability for injuries to property or person suffered by me as a result of my participation in this event and any pre- or post-race activities. By execution of this waiver, I assume all risks associated with my participation in this event including, but not limited to falls, the effects of weather, traffic and road conditions; and acknowledge and accept that all such risks are known and appreciated by me. I verify that I am physically fit and I have sufficiently trained for the competition of this event and that a licensed medical doctor has verified my physical condition. I further grant full permission to any and all of the foregoing to use and reproduce my image or likeness by any visual recording techniques (including electronic/digital) now in existence or hereafter invented, for any legitimate purpose, including marketing purposes.

X _____
Signature (guardian if racer under 18)

The largest race in Bartholomew County winds through the heart of downtown Columbus and ends in Mill Race Park.

Located just 45 miles south of Indianapolis, Columbus is ranked #6 in the U.S. for architecture. The city displays public art by renowned artists and features nationally recognized gardens and landscaping, including an amazing park system. Columbus is a community with a world-class golf course, outstanding athletic facilities, family entertainment and eclectic shopping.

This race – like Columbus itself – is different by design.



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Race Day Entry Fees

(includes T-shirt if available)

Race day registration will take place on the Mezzanine Level of The Commons Centre Mall.

15K Run	\$25
5K Run/Walk	\$20
Kids Fun Run	Free

Race Information

You must be able to complete the 15K Run in 2 hours and 10 minutes, a pace of 14-minutes per mile, making it to the intersection of 17th and Washington Streets by 10:00 am. Runner services cannot be guaranteed for participants beyond the 14-minute per mile pace.

In consideration of the safety of your fellow participants, bicycles, inline skates, skateboards, skate-shoes, headphones, earphones, or animals on leashes are NOT ALLOWED on the course. This will be strictly enforced.

Baby joggers and strollers will be permitted in the 5K Walk events only. Those with baby joggers or strollers are asked to line up at the back of the pack for the start of the race. Thank you for your cooperation.

Water and POWERade© will be available at every fluid station on the race course as well as at the finish. Portable toilets will be available near the start line. Complimentary food and drink will be available to all race participants at the end of the race. Look for the towels at the finish line and of course, the famous Mill Race Race roasted Mexican corn!

Packet Pickup

Those who have registered prior to September 12, 2007 will be able to pickup race materials on Friday, September 21 from 11:30am to 1:30pm and from 3:00pm to 7:00pm on the Mezzanine Level in The Commons Centre Mall. Bring your confirmation (email or postcard) to receive your packet that includes race bib, safety pins, race information, T-shirt and goodies.

Awards

Our events are competitive races, but not monitored.

Awards are given to the top three male and female overall finishers and top three finishers in age groups. Age divisions are as follows: 9-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+.

Overall top fastest teams and top two age/gender handicapped teams in each division will be determined by compiling the times of the fastest three finishers from each team.

Pace for Mill Race Race Training

The Wellness Program at Columbus Regional Hospital will offer a multi-week training class as a part of the PACE Program. For information or to sign up, call 376-5808.

Pasta Dinner at Johnny Carino's Italian Restaurant

Johnny Carino's will be offering a "runner's special" on Friday, September 21. You will receive 10% off any entree on the menu from 4:00pm to 9:00pm. Just ask for the "runner's special!" Johnny Carino's is located at 870 Creekview Drive, just off Tenth Street, next to Columbus Diagnostic Imaging and near Kohl's Department Store.

Official Race Hotel

The official hotel is the Courtyard by Marriott, 3888 Mimosa Drive, Columbus. Call (812) 342-8888, ask for the "Mill Race Race" group rate.

Donate your old shoes — Changing Footprints Collection Point

Want to clean out your closet of shoes you no longer wear? Once again, Changing Footprints will be at the race. Bring gently-used shoes, slippers, boots—any footwear—that you no longer want to the packet pick-up or registration desks on race morning. Visit Changing Footprints at the post-race party or at www.changingfootprints.org to learn more.

Register online at www.crh.org/millracerace or mail in your entry (complete other side).