

### SUMMER MOTION ACTIVITIES

Downtown Ashland is filled with activities and entertainment Wednesday, July 1 through Sunday, July 5.

Concerts at the stage in Central Park: Wednesday, July 1-Sunday, July 5.  
Some Gave All event Sunday, July 5 at 1:00 p.m.

Summer Motion activities in Central Park on July 4 and July 5 include: Entertainment each day at the bandstand

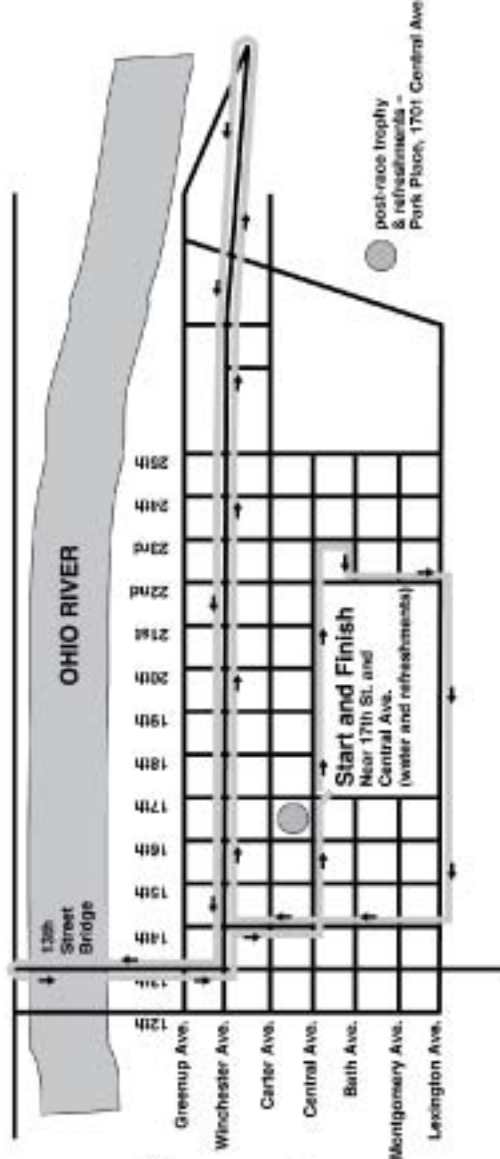
Children's inflatables rides

Food court

Arts and crafts

Classic car and motorcycle show

Summer Motion 10K  
Our Lady of Bellefonte Foundation  
Ashland, KY 41101



18th Annual

# 10K 2009 RUN

**REGISTER NOW!**

Saturday, July 4  
8:00 a.m. downtown  
Ashland, Ky.

21<sup>st</sup>  
**SUMMER  
MOTION**  
2009

**Fireworks. Family. Fun.**

## THE RACE

The Summer Motion 10K is a USATF-certified 10K meter (6.2 mile) race starting and ending between 17th and 18th streets on Central Ave. in front of Park Place, The course is mostly flat and includes the streets of downtown Ashland and a bridge across the Ohio River. Walkers are welcome to participate. The course will be opened to traffic at 9:45 a.m.

## COURSE RECORDS

Men: Chris Fox of Hagerstown, MD  
30:31 July, 1987

Women: Julie Isphording of Cincinnati, OH  
35:04 July, 1988

## RESULTS

Computerized race results will be provided by USATF-certified officials.

## FACILITIES

Restrooms are available at the start/finish area. Water stops are provided along the race route by local organizations. Medical care also is available.

## RACE COORDINATOR:

Annie Wilson (606) 324-6191 Ext. 244  
annie.wilson@ashlandareaymca.org

## REGISTRATION

Prior to Friday, June 26th: \$15  
June 28 through race day: \$20

Fill out registration form at right and mail with remittance to:

Summer Motion 10K  
c/o Ashland Area YMCA  
3232 Old 13th St. • Ashland, KY 41102

Make checks payable to:  
Summer Motion, Inc.

## RACE SPONSORS

Our Lady of Bellefonte Hospital  
Applebee's  
Ashland Area YMCA

## RACE DAY REGISTRATION AND PACKET PICKUP

Saturday July 4, 6:45-7:30 a.m.  
Park Place, 1701 Central Ave., Ashland, KY

## CANNED FOOD COLLECTION

Organizers of this year's race are also asking participants to bring canned food to the registration Saturday, July 4. The proceeds will be distributed by River Cities Harvest to recipients including: the Community Kitchen, the Ironton City Mission, Ramey-Estep Boys Homes, Hillcrest-Bruce, Safe Harbor, The Salvation Army, Boyd County Senior Center, Unity Square, Scope Towers, Ironton Central Christian Church, and the Huntington City Mission.

## FREEBIES AND AWARDS

All entrants will receive a T-shirt. Please indicate size on the registration form at right.

Awards will be presented to the top five overall male and female runners at the post-race party immediately following the race. The top three in each age group also will receive awards. There will be no duplication of awards. You must complete the course to be eligible to receive a trophy.

The William E. Irwin trophy will be given to the oldest male and female to finish the race. Awards will be presented at the post-race party in the Park Place building

## FUN RUN

There also will be a Fun Run for children ages 10 and younger. There is no fee, and all participants will receive an award.

## SUMMER MOTION 10K REGISTRATION FORM

(please print)

first name \_\_\_\_\_ middle initial \_\_\_\_\_

last name \_\_\_\_\_

age/race day \_\_\_\_\_ gender \_\_\_\_\_ T-shirt size \_\_\_\_\_

address \_\_\_\_\_

city \_\_\_\_\_ state \_\_\_\_\_ zip code \_\_\_\_\_

telephone-daytime \_\_\_\_\_ evening \_\_\_\_\_

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision race officials relative to my ability to safely complete the race. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather (including high heat and humidity), traffic and the condition of the road such risks being know and appreciated by me. Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I for myself, and anyone entitled act on my behalf, waive and release Summer Motion, Inc., race officials, volunteers and sponsors, their representatives and successors from all claims or liabilities of any kind and out of my participating in this event.

Signature \_\_\_\_\_ date \_\_\_\_\_

Parent's signature if less than age 18 \_\_\_\_\_

### AGE CATEGORY

____ 14/younger	____ 15-19	____ 20-24
____ 25-29	____ 30-34	____ 35-39
____ 40-44	____ 45-49	____ 50-54
____ 55-59	____ 60-64	____ 65-69
____ 70 and older		

### FAMILY CATEGORY (pre-registration only)

Combination of any two immediate family members, both entries must be mailed together.

Family teammate's name \_\_\_\_\_ relationship \_\_\_\_\_

OFFICIAL USE ONLY BIB# \_\_\_\_\_