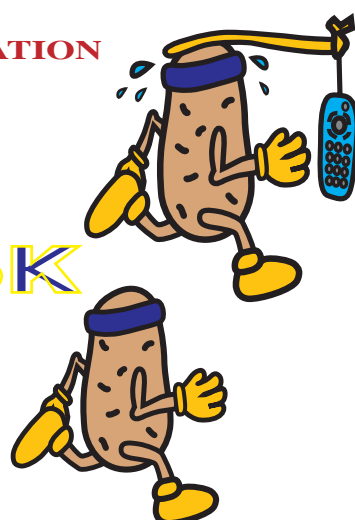


**BOWLING GREEN PARKS and RECREATION  
and the OHIO NATIONAL GUARD**  
Benefiting Camps for Kids  
Present



# The 5th Annual Couch Potato 5K & 1K Kids' Run

“Keep Your Eyes on the Prize”

**Saturday, May 22, 2010**

**REGISTRATION:** OPENS AT 7:30 a.m.  
1K Kids Race at 8:30 a.m. – 5K Race/Walk at 9:00 a.m.

Registration Location: Bowling Green Community Center, 1245 W. Newton Road, Bowling Green, Ohio  
Course: Start and Finish at the Community Center. Course is accurately measured.

**AWARDS:**

Overall male/female, overall masters (40+) male/female  
Age group awards (3 deep). No duplication of awards.  
Male and female age groups:

Download entry forms at: [www.couchpotato5k.com](http://www.couchpotato5k.com)  
[www.toledoroadrunners.org](http://www.toledoroadrunners.org)  
[www.davesrunning.com](http://www.davesrunning.com)

- 9 and 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, 70 - 74, 75 - 79, 80+.

**SHIRTS:**

All pre-registered participants will receive a Parks and Recreation  
Couch Potato 5K T-shirt.

A limited number of shirts will be available on race day.  
Pre-register to ensure you get a t-shirt in your size.



**REFRESHMENTS AND OTHER INFO:**

Post-race refreshments will be served.  
Showers available, bring a lock.

Early Packet Pick up:  
Sun May 16 thru Fri May 21  
(except Thursday at Dave's Running)  
at BG Community Center

Early Packet Pick-up at:  
Dave's Running 26567 N. Dixy Hwy  
Perrysburg, Ohio 43551  
Shoppes at River Place  
Thursday May 20th From 6-8 PM

**ENTRY FEES:**

5K Race and 5K Walk pre-registered - postmarked by Monday, May 10, 2010 - \$16.00  
5K Race and 5K Walk day of the race - \$19.00 (with shirt available) or \$12.00 (no shirt).  
1K Kids Run (10 and under) pre-registered - postmarked by Monday, May 10, 2010 - \$6.00.  
1K Kids Run day of race - \$6.00 (with shirt available) or \$2.00 (no shirt).

Entry fees payable to: City of Bowling Green. Mail to 1245 W. Newton Road, Bowling Green, Ohio, 43402.  
Attention: Couch Potato 5K  
Register Online at: [www.couchpotato5k.com](http://www.couchpotato5k.com)  
Information? Contact Josh Chatfield at (419) 354-6295 or [jchatfield@bgohio.org](mailto:jchatfield@bgohio.org).

To register, cut and return this form – please print. Photocopies accepted.

Couch Potato 2010 Registration

Name: \_\_\_\_\_ Day Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Sex: (circle) M F Age: (on 5.22.2010) \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

E-mail address: \_\_\_\_\_

**SHIRT SIZE: (circle)**  
Adult S M L XL 2XL  
or  
Child Medium

**Event: (circle)**  
5K Race 5K Walk 1K Kids Run

In consideration of my acceptance of this entry, for myself, my heirs, executors and administrators, I do hereby waive liability, release and forever discharge the Race Directors, the City of Bowling Green, the Toledo Roadrunners Club, their employees, agents and officials, and all related parties, their demands, rights and causes of action of whatever kind or nature, arising out of all known and unknown, foreseen and unforeseen, bodily and personal injuries, damages to property, and the consequences thereof, including death resulting from my voluntary participation in, or in any way connected with, such recreational programs and athletic activities.

Signature: \_\_\_\_\_ (parent or guardian if under 18) Date: \_\_\_\_/\_\_\_\_/\_\_\_\_