



BOWLING GREEN PARKS and RECREATION

Benefiting Camps for Kids
Presents

**The 7th Annual
Couch Potato 5K
& 1K Kids' Run**



“Keep Your Eyes on the Prize”

Saturday, April 28, 2012

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: Wood County Fairgrounds, 13800 West Poe Road, Bowling Green, Ohio
Course: Start and Finish at the Fairgrounds. 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:
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+.

Download entry forms at: www.couchpotato5k.com
www.toledoroadrunners.org
www.davesrunning.com

Early Packet Pick up:
Sun April 22 thru Fri April 27
at BG Community Center



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:

Post-race refreshments will be served.

ENTRY FEES:

5K Race and 5K Walk pre-registered - postmarked by Monday, April 16, 2012 - \$17.00
5K Race and 5K Walk day of the race - \$22.00
1K Kids Run (10 and under) pre-registered - postmarked by Monday, April 16, 2012 - \$6.00.
1K Kids Run day of race - \$6.00

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
Information? www.couchpotato5k.com or Contact Josh Chatfield at (419) 354-6295 or jchatfield@bgohio.org.

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

Couch Potato 2012 Registration

Name: _____ Day Phone: _____

Address: _____ City/ State: _____

Zip: _____ Sex: (circle) M F Age: (on 4.28.2012) _____ Date of Birth: ____/____/____

E-mail address: _____

SHIRT SIZE: (circle)
Adult S M L XL 2XL 3XL
or
Child S M L

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: ____/____/____