

14th Annual Sole to Soul 5k

5K RACE & WALK – 1K KIDS RACE

BY SECOND SOLE TO CELEBRATE OUR 14th ANNIVERSARY!

WEDNESDAY NIGHT, AUGUST 3rd, 2022

REGISTRATION: OPENS AT 6:00 PM. 1K KIDS RACE AT 7:00 PM. 5K RACE AT 7:30 PM



LOCATION: Second Sole Running Store, 4130 Levis Commons Blvd., Perrysburg, Ohio

Start and finish at store on flat and fast 5K road course around Levis Commons. One water station on course.

AWARDS

- Top Ten Male/Female, Overall Master (40+) Male/Female, Overall Grand Master (50+) win Gift Certificates!!!
- Age group awards (at least 3 deep). No duplication of awards, 9 & under, 10-12, 13-14, 15-16, 17-19, 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 & older
- In Kids 1K (12 and under) Overall Male/Female. All finishers receive an award.

ENTRY FEES:

- Entry fee for Pre-registered – postmark or on-line by Saturday, July 23, 2022 \$ 20.00
- DISCOUNTED Pre-registered fee for High School/Elementary Cross Country runners (age 18 or under) \$12 per participant by Saturday, July 23 – \$17 Late and Day of Race (age 18 or under)
- Register in-person at the store by Saturday, July 23 and receive a \$2 discount off the above fees.
- Online registration available at:
- Entry Fee for Late or Day of Race – \$ 25.00
- 1K Kids Race- Pre-Register by above deadline \$8.00 with cotton shirt. Day of Race \$2.00 – No Shirt.
- Entry fees payable to: Second Sole and Mail to Second Sole, 4130 Levis Commons Blvd, Perrysburg, OH 43551

CUT HERE – ENTRY FORM MAY BE PHOTOCOPIED- PLEASE PRINT

NAME _____ TELEPHONE: (_____) _____

ADDRESS _____ CITY/STATE: _____

ZIP CODE: _____ SEX: (CIRCLE) M F AGE (ON 8/4/2022): _____ DATE OF BIRTH: _____

SHIRT SIZE: (CIRCLE) XS S M L XL 2XL 5K OR KID'S 1K (CIRCLE ONE)

CROSS COUNTRY RUNNER? (CIRCLE) YES NO EMAIL ADDRESS: _____

IN CONSIDERATION OF YOUR ACCEPTANCE OF THIS ENTRY, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE AND RELEASE ALL RIGHTS FOR CLAIMS AND DAMAGES I MIGHT HAVE AGAINST THE RACE DIRECTOR, SECOND SOLE RUNNING STORES, SPONSORS, AND ALL RELATED PARTIES FOR ANY AND ALL INJURY OR DAMAGE RESULTING FROM PARTICIPATING IN THE ABOVE EVENT. I AM IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN THIS EVENT.

SIGNED _____ (PARENT OR GUARDIAN IF UNDER AGE 18) DATE: _____



DIRECTIONS TO RACE:

I-475/US 23 TO US 25 EXIT SOUTH US 25 SOUTH TO THE TOWN CENTER AT LEVIS COMMONS, TURN RIGHT ON LEVIS COMMONS BLVD. THE SECOND SOLE STORE IS THREE BLOCKS IN ON THE LEFT. PARKING IS BEHIND THE STORES.

EVENT HIGHLIGHTS

- TRADITIONALLY ONE OF THE AREA'S FASTEST 5K'S. THE LAST TWO TIMES THE EVENT WAS HELD THE WINNER WENT UNDER 14:30 AND OVER 25 RUNNERS BROKE 20 MINUTES.
- 14th ANNIVERSARY CELEBRATION
- 5K RACE IS TIMED WITH DISPOSABLE BIB CHIPS, MATS AT BOTH START & FINISH LINES
- KIDS (Age 12 and Under) 1K RACE STARTING AT 7:30PM – CHIP TIMED!
- TOP TEN OVERALL M&F WIN SECOND SOLE GIFT CERTIFICATES, 1st \$100, 2nd \$75, 3rd \$50, 4th \$50, 5th \$25, 6th \$25, 7th \$25, 8th \$25, 9th \$25, 10th \$25, OVERALL MASTERS (40 and UP) M&F WIN \$50 GIFT CERTIFICATES. OVERALL GRAND MASTERS (50 and UP) M&F WIN \$25 GIFT CERTIFICATES. NO DUPLICATION OF AWARDS.
- FLAT & FAST COURSE GREAT FOR BOTH FIRST TIMERS AND COMPETITIVE RUNNERS (Course Records listed below).
- A GREAT TUNE-UP EVENT FOR CROSS COUNTRY SEASON!
- DISCOUNTED PRE-REGISTERED ENTRY FEE FOR HIGH SCHOOL & ELEMENTARY SCHOOL CROSS COUNTRY RUNNERS (AGES 18 AND UNDER)
- ALL PARTICIPANTS RECEIVE A \$10 DISCOUNT STORE COUPON AND ARE ENTERED IN A POST EVENT RAFFLE.
- MANY GREAT RESTURANTS WITIN WALKING DISTANCE OF FINISH LINE TO CELBRATE AFTERWARDS.
- ON-LINE REGISTRATION AT:
- EARLY PACKET PICK-UP AT THE STORE DURING BUSINESS HOURS STARTING ON TUESDAY, AUGUST 2nd THROUGH RACE NIGHT.
- ONE OF THE AREA'S LARGEST 5K'S AND A FUN WEEK NIGHT EVENING EVENT.

SOLE TO SOUL 5K EVENT RECORDS

OVERALL MALE	James Ngandu	14:26
OVERALL FEMALE	Vicoty Chepngeno	16:31
MASTERS MALE	Jason Kessler	15:06
MASTERS FEMALE	Chris Vincent	19.25
GRAND MASTER MALE	Don Leck	17.16
GRAND MASTER FEMALE	Dawn Smothers	21.09

Need any addition Information? Please Call Second Sole at 419-931-8484