



What: Three trail races - 50K (31 miles), 25K (15.5 mile), and 5K (3.1 mile); walkers are welcome in the 5K. This is a Toledo Roadrunners Club and Second Sole Running Store sponsored event. Proceeds benefit SewHope, a non-profit that serves the poor in Guatemala (www.sewhope.org).

Where: The Buehner Center at Oak Openings Metropark. The park is located 2 miles west of Toledo Express Airport and south of Airport Hwy. in Swanton, OH. The Buehner Center is located at Mallard Lake on Oak Openings Park Drive. For info about the park, go to www.metroparkstoledo.com and select Oak Openings from the menu.

Start Times: 50K – 8:30 a.m., 25K – 9:00 a.m., 5K – 9:10 a.m.

Course: The 25K and 50K races follow the Oak Openings Scout trail counterclockwise (1 or 2 laps) on single-track trails with aid stations every 2-3 miles. The 5K follows portions of the red and blue trails, and has one aid station at about 1.5 miles. Post-race food and beverages will be in the Buehner Center. For more info: www.oakopeningsstampede.com.

Awards for each race:

- Male and female overall, male and female masters (age 40 and above), and age groups 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and above; age group awards at least three deep; one award per person.
- All finishers will receive a finisher's medal.

Registration:

• Mail-in:	_____ Early (by August 21 st)	_____ Late (after August 21 st)
50K	\$45 (\$40 for TRRC members).....	\$50 (\$45 for TRRC members)
25K	\$40 (\$35 for TRRC members).....	\$45 (\$40 for TRRC members)
5K	\$25 (\$20 for TRRC members).....	\$30(\$25 for TRRC members)

- **Online registration:** through www.imAthlete.com; go to the OOS website (www.oakopeningsstampede.com) for more info.
- **Race-day registration:** at the Buehner Center 7:30-8:15 a.m.
- **Early packet pick-up and registration:** available at Second Sole Running Store in Levis Commons, Perrysburg, OH on Friday, Sept 16th, 4-8 p.m. and Saturday, Sept. 17th, 11 a.m.-6 p.m.
- **Pre-registrants** (by August 21st) will receive a long-sleeve tech running shirt; late registrants while supplies last.
- **Minimal age requirements:** 50K: 15 y.o., 25K: 11 y.o., 5K: any

For more information: www.oakopeningsstampede.com
or Randy Ruch; 419-410-2359; randallruch@gmail.com

WANT A FREE ENTRY?
Just collect \$100 in donations to SewHope!!!

Donation checks should be payable to "SewHope"
and mailed with your registration form.

SewHope is a 501(c)3 non-profit organization;
donations are fully tax-deductible:
www.sewhope.org

----- PLEASE WRITE LEGIBLY!!! Cut here -----

Event: 50K _____ 25K _____ 5K _____

Runner Name _____ Age on race day _____ M/F _____

Address _____ City/State _____ Zip _____

Phone _____ E-mail _____

Shirt size (men's fit): XS S M L XL 2XL AMOUNT PAID \$ _____

In consideration of the acceptance of my entry, I, for myself, my executors, administrators and assignees, do hereby release all sponsors and individuals assisting in the presentation of the Oak Openings Stampede for claims of damages and actions whatsoever in any manner arising or growing out of my participation in this event. I acknowledge I have read and fully understand my own liability and do accept these restrictions.

Signature _____ Date _____

(adult parent or guardian must sign for entrants under 18 years of age)

Write checks to "TRRC".
Cash, money orders also accepted.
Mail payment and form to:
Randy Ruch, 3828 Brookside Rd.,
Toledo, OH 43606