

2015 CAC Employee Running/Walking Group Race Cup Series

Here is how it works: Participation is for employees only (even though you can register your family or friends to run/walk with you, they cannot participate to win prizes). You must pay your own registration to each event. For each race in the series, the top 10 males and top 10 females will be rewarded points. 1st place will receive 100 points; 2nd place, 90 points; 3rd place, 80 points and so on. At the end of the race series, the male and female participants will be awarded a grand prize as listed. 1st Place, \$100; 2nd Place, \$75; 3rd Place, \$50.

Race result information will be the responsibility of the participant. You must submit a copy of your registration with the time written on it (runs listed below only) to Pam Crawford. She will then add you to the grid. You will have 7 days from the race date to submit the results to Pam.

You do not have to participate in every race to be eligible for the cash prize. For more information, contact Pam Crawford at pcrawford@pikecac.org or 740-289-2371 ext. 7073.

Another way to have fun is the Mileage Contest: Keep track of your miles thru a ledger or phone app that can track miles and dates. The person who logs the most miles as of December 31, 2015, will receive a fun prize!!!! Turn this information into Pam by January 8, 2016. All information will be posted on the Pike CAC Working on Wellness Facebook page.



Date	Event	Distance	Location
3/14/2015	CAO Scioto Co. Shamrock Shuffle	5K	Portsmouth
3/14/2015	Piketon Rockin' Redstreaks Pi Day	5K	Piketon
4/17/2015	Shawnee Univ. Bear Run	5K	Portsmouth
4/11/2015	City Run	5K	Chillicothe
4/25/2015	Run4Beau/Nighttime Run	5K	Waverly
5/25/2015	Scott Porter Memorial Run	5K	Waverly
6/6/2015	Salvation Army Donut Run/Walk	5K	Portsmouth
June 2015	Pike County Swim Club 5K & 10K	5K/10K	Waverly
6/20/2015	Bristol Village Memorial Run	5K	Waverly
7/13/2015	Chillicothe Canal Celebration	5K	Chillicothe
7/17/2015	Partners In Health 5K Night Run	5K	Portsmouth
7/18/2015	Run For Seniors (CAC of Pike Co.)	5K	Piketon
8/15/2015	Velma Engle Memorial/Read For Gold	5K	Waverly
Fall 2015	Shawnee Univ. Bear Run	5K	Portsmouth
9/5/2015	Pike Pet Pals Run For The Dogs	5K	Waverly
9/5/2015	SOMC Run For Your Life	5K	Portsmouth
9/23/2015	United Way	5K	Waverly
10/3/2015	The Counseling Center Natural High	5K	Portsmouth
10/17/2015	Paint It Pink	5K	Portsmouth
10/25/2015	Ohio State Four-Miler*	4 Miles	Columbus
11/21/2015	Outreach Council 5K	5K	Waverly

(Those listed in red are tentative dates/events-go online to get actual dates and to register-this list will be updated monthly or as actual dates are confirmed)

*The Ohio State Four-Miler (online registration – will be available in the Spring 2015) Finish on the 50 yard line-Columbus (we are planning a team for this run but will need to register by early Spring) If interested, contact Pam Crawford to add your name to the list 289-2371 ext. 7073.

In consideration of the foregoing, for myself, my executors, assigns, and administrators, do hereby release and discharge the Community Action Committee of Pike County, from all claims of damages, demands, actions and causes of action whatsoever in any manner arising or growing out of my participation in any event listed.