

Special Events

10K Bike

- The Bike will follow the 10K run course
- Awards will be given to top 3 male and female with the best time

Duathlon 5K Run and 10K Bike

- The Run will follow the 5K run course
- The Bike will follow the 10K run course
- Awards will be given to top 3 male and female with the best time

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The SOMC LIFE Center
1202 18th Street
Portsmouth, OH 45662

45TH ANNUAL
RUN FOR YOUR

LIFE

**FALL
22**



5K Run/Walk | 10K Run/Bike | Duathlon

Proceeds benefits the SOMC LIFE Center Wellness Programs.

**Saturday
September 3, 2022**

The SOMC LIFE Center
1202 18th Street
Portsmouth, OH 45662



Saturday
September 3, 2022

Competitive Event

- 5K Run
- 10K Run
- 10K Bike
- Duathlon

Start and Finish

The SOMC LIFE Center
1202 18th Street
Portsmouth, OH

Course

Shady, tree-lined, rolling residential area

Entry Fees

\$25/Run or Bike \$35/duathlon. Participants may register at Tristateracer.com

Awards Presentations (immediately following races)

Awards will be given to the top 3 finishers in each age division of the 5K/10K run, 10K Bike and Duathlon.

The 2022 R4YL is officially part of the Southern Ohio Senior Games. Seniors ages 50 and over will also be awarded medals for top finishers both male and female in the 5k run and the 10k bike. No additional registration or registration fees apply.

Packet pickup begins at 6:30 am on the day of the race.

Age Divisions

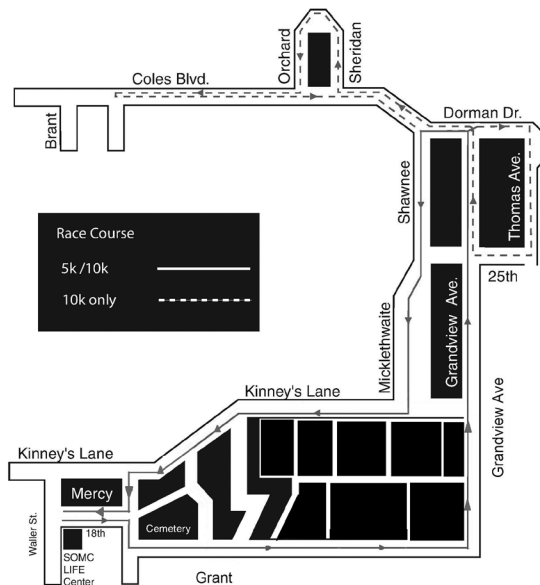
5K Run	10K Run	10K Bike	Duathlon
8 & younger 9-14	8 & younger 9-14	8 & younger 9-14	8 & younger 9-14
15-19	15-19	15-19	15-19
20-24	20-24	20-24	20-24
25-29	25-29	25-29	25-29
30-34	30-34	30-34	30-34
35-39	35-39	35-39	35-39
40-44	40-44	40-44	40-44
45-49	45-49	45-49	45-49
50-54	50-54	50-54	50-54
55-59	55-59	55-59	55-59
60-64	60-64	60-64	60-64
65-69	65-69	65-69	65-69
70 & older	70 & older	70 & older	70 & older

Race Day Schedule

- 6:30 am · Registration for 5K/10K (packet pick-up)
- 7:25 am · Final Instructions (at starting line)
- 7:30 am · Registration Ends (no exceptions)
- 7:30 am · Bike Begins
- 7:35 am · Run Begin
- 9:00 am · Awards Ceremony

Additional LIFE Center Information

Contact the SOMC LIFE Center at (740) 356-7650. Showers and restrooms will be available at the SOMC LIFE Center from 7:00 am until noon. Bring your own towels.



Entry Form One form per participant; please print

Name _____

Age _____ Sex: M F

Street _____

City _____ State _____ Zip _____

Telephone _____

E-mail _____

or register online: www.tristateracer.com

T-shirt Sizes Shirts will be reserved for first 250 registered

Please circle your shirt size: Sm Med Lg X-Lg XX-Lg

Additional shirts may be purchased on day of race for \$10. Supply limited.

Race Choice Please circle your event

5K Run 10K Run 10K Bike Duathlon

*Make check payable to: SOMC Run For Your LIFE
Return entry with remittance to: The SOMC LIFE Center, RFYL
1202 18th Street
Portsmouth, Ohio 45662*

*For additional race information contact Brad Zieber at
(740) 356-7572 or send an e-mail request to zieberb@somc.org*

Waiver: In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have against THE SOMC LIFE CENTER, SOUTHERN OHIO MEDICAL CENTER, AND ANY OF THE LISTED SPONSORS. I give permission for the free use of my name and/or photograph in any broadcast, telecast or other account of this event. I further attest and certify that I am physically fit and have sufficiently trained for competition in the event I am entering.

Signature (Parent or guardian if under 18)