

**Saturday
Sept. 2nd
2023**



**RUN FOR
YOUR LIFE**



5k • 10k • DUATHALON

The SOMC LIFE Center
1202 18th Street
Portsmouth
OH 45662



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Portsmouth, OH 45662

Proceeds benefits the SOMC LIFE Center Wellness Programs.

Saturday September 2, 2023

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.

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

Special Events

10K Bike

- The Bike will follow the 10K run course

Duathlon 5K Run and 10K Bike

- The Run will follow the 5K run course
- The Bike will follow the 10K run course

Age Divisions

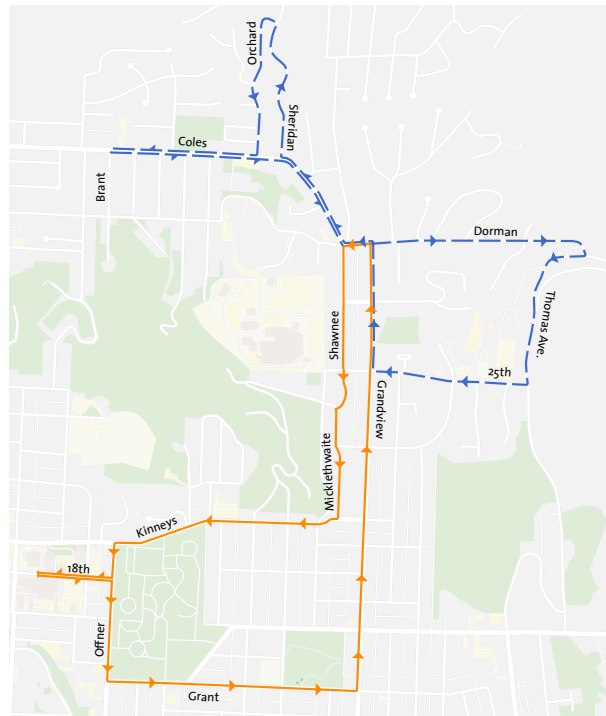
5K Run	10K Run	10K Bike	Duathlon
8 & younger 9-14	8 & younger 9-14	8 & younger 9-14	8 & younger 9-14
15-19	15-19	15-19	15-19
20-29	20-24	20-29	20-24
30-39	30-34	30-39	30-34
40-49	40-44	40-49	40-44
50-59	50-54	50-59	50-54
60-69	60-64	60-69	60-64
70 & older	70 & older	70 & older	70 & older

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 200 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

Have you participated in previous RFYL events? _____

Make check payable to: 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)*