



Buzzard's Glory 5k

26th Annual - Saturday, August 3rd 2019 – 8:30am - Coldwater, Ohio

Time/ Course: Chip timed 5k Run/Walk starts at 8:30am, begins and ends at Cavalier Stadium.
½ & 1 mile Little Foot Fun Run (pre-registration only) starts at 7:55am at Cavalier Stadium.
*5k Race Day Registration 7-8am. *See back for 5k course map.

Registration: 5k:

Adult Pricing:

\$24 pre-registration w/ Dri-Fit Tech Shirt. Men's & women's sizes available.

\$14 pre-registration w/o shirt

\$18 race day registration.

***All shirts ONLY available with pre-registration – none will be sold race day.**

14 & Under Pricing:

All 14 and under Mercer Health 5k entries are FREE in 2019! Use the code FREE2019 when pre-registering. If you would like a shirt, they are \$10 and available with preregistration only.



***Pre-Registration available online ONLY at www.speedy-feet.com**

T Shirt Registration Deadline: Friday, July 26 2019

Online Registration Deadline: Tuesday, July 30 2018

Little Foot Run – 12 & Under, PLEASE pre-register so we can accurately plan.

½ & 1 miles options available. See back for info.

\$15 pre-registration w/ Dri-Fit Tech shirt, \$5 pre-registration without shirt, \$9 race day registration

Awards:

Door Prizes and Awards at Coldwater Park after race.

Awards to male & female 1st, 2nd, & 3rd place overall and 1st, 2nd, & 3rd in each age group.

Age Groups:

Male & Female:

10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-65, 65 and over

For All Runners:

Parking available in Cavalier Stadium lot on Butler Street.

Water, First-Aid & Radio Communications on the course. Splits at 1, 2 & 3 mile markers.

Refreshments at the finish.

Restrooms & showers available at start & finish.

RESULTS AVAILABLE ONLINE AT www.mercerhealth5kchallenge.com & www.speedy-feet.com

Call Innergy Fitness at 419-763-1111 with any questions.

Proceeds:

100% of proceeds go to Coldwater Memorial Park & Coldwater Library

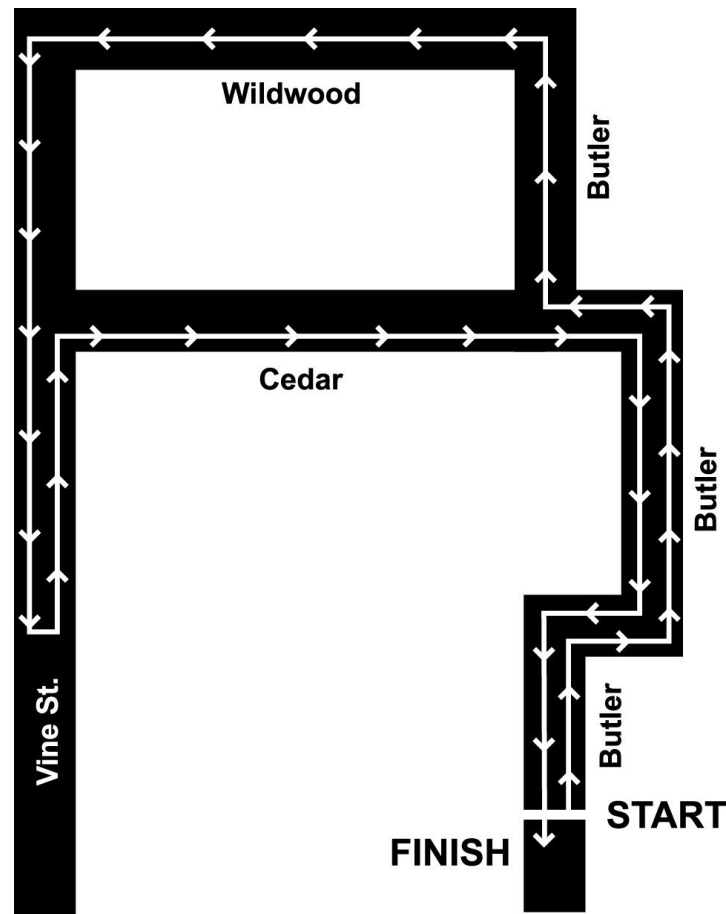
Course Record:

Male: Mitch Williams, Celina, Oh – 15:28 (2011)

Female: Rachel Dickman, Grand Ledge, MI – 17:34 (2016)

Course Map

Come join us for the 26th annual Buzzards Glory 5k and experience running/walking through the friendly streets of the beautiful village of Coldwater. You will enjoy lots of crowd support full of motivational signs, cheers, and music along the way. We hope to see you!



Little Foot Running Club & Little Foot Run

Little Foot Run

The "Little Foot Run" has been established to give the kids in the "Little Foot Running Club" an end goal as well as to promote fitness to all children in our area. There will be both a ½ mile and full mile goal option. Kids are also welcome to run the 5k at a discounted price. Visit www.speedy-feet.com to register for the Little Foot Run or 5k.

Kids do not have to be a part of the "Little Foot Running Club" to be able to participate in the "Little Foot Run".

Little Foot Running Club

The Coldwater Cross Country team & coaches are offering the third annual Little Foot Running Club this summer to teach kids the basic fundamentals of running, such as stretching, form running, and strength conditioning. Kids ages 4-12 are welcome. The group will meet Wednesday 7-8pm June 12 – July 2 off July 3. **Open to kids from ALL communities!**

There has been a group formed called "Little Foot Running Club" on Facebook where you can find more info, stay updated & print the registration form.