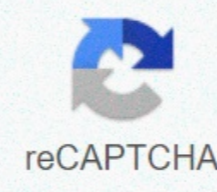




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Tri state running edgewood

REGISTRATIONPick-up race packet at tri-state running company to be entered into the draw for a chance to win a pair of New Balance shoes to be given away daily. Also several New Balance socks to be given away daily until registration closes on July 3rd at 6pm! PRE-REGISTRATION > \$25.00 includes Collector Technical Shirt | \$15.00 (no shirt)> Entries must be post-stamped or delivered by Saturday, June 22nd.> Sign up online at: www.edgewood5k.com> Online registration will close at midnight, Thursday, June 25nd > Individuals can pre-register at the Tri-State Running Company from Friday, June 26 - Friday, July 3 at 6 p.m., PRE-REGISTERED attendees can pickup shirts and BIBS (chip in bib) ONLY at Edgewood's Tri-State Running Company, 148 Barnwood Drive, from Friday, June 26 to Sunday, June 28, 10 a.m. to 6 p.m., from Monday, June 29 to Thursday, July 2, 10am to 6pm.> Pre-Registration and Package pick-up closes Friday, July 3 at 6pm. RACE DAY REGISTRATION> \$35.00 (Collector's Technical Shirt, while supplies last) | \$25.00 (no shirt) > Race Day Registration and Packet Pick-up will be open from 06:15 to 07:00. PLEASE ARRIVE EARLY! > Extra Collector's Technical Shirts available for \$10.00 on Race Day (while supplies last)! PRICES > first total male and female runners* | Free shoes ** > other total male and female runners | \$50 gift card ** > third total male and female runners | \$30 Gift Cards **> Top 20 Men & Top 20 Women | Half-zip Award > first overall male and female hikers | \$30 Gift Card** RACE DIVISION PREMIER TOP 3 Men and 3 Women in EACH DIVISION will receive a medal + GIFT CARD ** first Man and woman in each division / \$15 gift card ** 2nd & 3rd Man & Woman in EACH DIVISION / \$15 Gift Card DIVISIONS > RUNNING 9 -under, 10-12, 13-14, 15-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 -OVER, >FEMALES 160 LBS & OVER, MEN 200-219 LBS, MEN 220 LBS & OVER> WALKING >19 - under, 20-29, 30-39, 39, 29, 240-49, 50-59, 60- OVER RECORD IN ENTRIES Edgewood 5K c/o Tri-State Running Company - 148 Barnwood Drive, Edgewood, KY 45214Post marked by Saturday, June 20, 2020 COURSECHIP TIMED FROM START LINE TO FINISH! USATF CERTIFIED COURSE. Start at Dudley at Presidents Park | Exit at Presidents Park DIRECTIONS KY I-275 to Turkeyfoot Rd, Exit, South of Turkeyfoot, Left on Dudley Rd. 1/2 mile. Parking at St. Pius Church (No parking at Presidents Park). FUN RUN> All children aged 9 years and younger are eligible - MIST AREA & DOOR PRIZES!> 2 runs: 5 -below & 6-9 INFORMATIONContact Hannah Centers at hcenters@edgewoodky.gov>Friendly use only one form per participant. Copy this form for additional >Results will be posted on www.edgewood5k.com. Online registration for this event is closed. 5K Run Online registration is closed for this category. 5K Walk Online registration is closed this category. Unfortunately, our digital storefront is down for some maintenance. In the meantime, feel free to shop us in the store. Please check back again soon. Northern Kentucky/ Cincinnati Running Shoe Store Welcome to the Tri-State Running Company website. We are Cincinnati and Northern Kentucky's one stop running and walking shop for all your running/hiking needs! When you browse our website you will find our running shoes, clothing and accessories brands. If it's the Cincinnati area running races that you're looking for, visit our calendar to find a race near you. We are proudly located in both the heart of Northern Kentucky (Edgewood) of 275 and 75/71 and in Mariemont, Ohio off route 50 for easy access for all Tri-State Residents including Florence, Fort Mitchell, Fort Thomas, Hyde Park, Anderson, and all other Greater Cincinnati areas! We also train for more races throughout the year! These races include (but are not limited to) the Flying Pig Marathon, kentucky derby marathon, Nationwide Children's Hospital Columbus Marathon, Bank of America Chicago Marathon, Monumental Marathon and Queen Bee Half Marathon. Feel free to contact us with your questions or feedback. Tri-State Running Company is proud to sponsor the following local races and tours! Jump to content Official sponsor of Flying PigPowered by New Balance and powered by Little Miami Brewing Company Have you dreamed of flying with the pigs in downtown Cincinnati, completing a half marathon, or a full marathon? We can help make your dreams come true! Join us to train for the Flying Pig Marathon and Half Marathon happening on May 2nd. Our programs are designed to get you to the finish line, but most importantly, our groups are fun. We train hard, but we play harder. The culture of our groups is to help and support each other. From runners to walkers, trainers to participants and shop staff, we all care about each other and thrive on the success of each one of our group members. People who train with us make friends for life! Due to COVID-19, we have added new security measures and protocols to keep you safe. Heart Mini Marathon Training too! As a proud sponsor of the Heart Mini Marathon (American Heart Association), our program will not only get you ready for flying pig, it will also have you prepared for Heart Mini weekend as well. Whether you're doing the Heart Mini 15K or Heart Mini Half Marathon, our spring training program will have you ready to go! Our spring program We will have training programs from both places: Edgewood, KY and Mariemont, OH with many different pace groups and staggered start times for runners, interval runners and walkers. Training group details Edgewood, KY Wednesday night (start time based on pace group)Saturday morning (start time based on pace will begin Saturday, January 2 Optional run Tuesday's 6.30pm at Braxton Brewery on Wednesday night - Edgewood 6.10pm - Run/Walk to Walk group 6:20 to 11:00 p.m. to 12:12 p.m. 00 group6:30 - 9:30 - 10:45 group6:40 to 9:15 to Sub-8 group Saturday morning - Edgewood 7:10 - Run / Walk group to Walk group7: 20AM - 11:00 to 12:00 group7:30 to 09:30 to 10:45 group7:40 to 9 15 to Sub-8 group Runners are asked not to show up until 5 minutes before the start time of their run Mariemont, OH Tuesday night (start time based on pace group)Saturday morning (start time based on pace group)The training starts Saturday, January 2 Optional race Thursday's 6:30 p.m. on Little Miami Brewing Company Attendance also earns you rewards throughout the season. Tuesday night - Mariemont 6:20 - 10:30 p.m. and slower and Run Walkers6:30 to 9 to 10:15 p.m. group6:40 - Sub-9 group Saturday morning - Mariemont 7:20 to 10:15 pm group6:40 PM - Sub-9 group Saturday morning - Mariemont 7:20 to 10:15:30 and slower and Run Walkers7:30 - 9 to 10:15 group7:40 - Sub-9 group Runners are asked not to show up until 5 minutes before the start time of their race Cost of half and full training group programs is \$115. Our program is a mix of long runs, recovery runs, speed work, races and hill repetitions. Not only will you finish the race, we will help you get faster. Not interested in speed or ground repeats, no problem - we will adjust workouts to meet individual needs. Training Program Benefits 3 weekly driving options for those who are fully supported with routes. Pace Group Coaches leads you every race committed to your success. A wide range of pace groups to join that include running, running/walking and walking only. An 18-week training plan for you to follow that includes training runs. Intervals, Hills and Tempo Runs included in the plan to increase your overall strength. Post Run Beer and Happy Hours to celebrate your achievements with the help of Little Miami Brewing Company! Tri-State Running Company Tech Shirt along with a pair of running socks. Picnic celebration after 22/12 mile training run - celebrate LOSER! Pasta Party to carb load before Flying Pig weekend! Race Day was supported by trainers on the track. The Tri-State Running Company is cheering zones along the track to provide motivation. A monitored area for you to leave personal belongings during your race. After the race celebration at tri-state running company tent with drinks, treats and more! Weekly emailed newsletters to stay up to date on the latest events for Training Group members only, such as vendor demos, for members' shopping nights only and exclusive cross-training opportunities. Dedicated Facebook page only for our Training Group Members.Clinics & Free Injury Screenings to keep your strong and healthy when you reach your goal with certified specialists in the Cincy & NKY area. We know that life Participants have three training options each to choose from. If you fail to do a Tuesday workout in Mariemont, come to Edgewood and join on Wednesday night or vice versa. Group runs in both locations are available for participants to choose from. COVID-19 Precautions and Protocols With the pandemic still threatening we are introducing procedures to ensure we follow all safety guidelines. We are confident that these changes will not adversely affect your running experience. We will cloud our weeknight and Saturday passes. The breakdown is TBD and will be based on pace group size. Currently, we will not provide water stops on the trails. We recommend that you wear your own handheld water bottle or hydration vest. Mask use will be required during the pre-run meeting, while inside the store, and when you are not able to maintain proper social distancing. Runners can remove them while actively running, but are encouraged to carry them and utilize as needed. We will provide important buckets and will have disinfectant wipes available to eliminate bacteria and cross-contamination. Please consider removing the car key and keeping it with you. Meeting places will be outside the store for social distance purposes. We recommend waiting in the car if you arrive early. There won't be a babysitter this year. Sign up here for Flying Pig Training Group ORRegister here for our year-round training group If you have any further questions, email us at or call one of our locations: Edgewood - 859-341-9999 OR Mariemont - 513-407-6441 Emergency Contact Emergency Contact FormDownload Training Group Sponsors Little Miami Brewing Company We work hard and play harder! Locally owned and operated in Milford, they take great pride in brewing some of the best beers in Cincinnati. Join us every Thursday night from their Brew Pub and stay here afterwards for food and drink. Not to mention that they give the best beer at our flying pig party after the race! Mount Lookout Chiropractic The official sports medicine partner of Tri-State Running Company Mariemont. They provide personal care using pioneering chiropractic treatment, integrated with physiotherapy/ rehabilitation, acupuncture and nutrition. New Balance Committed to Cincinnati running community, our friends from New Balance are our official footwear and clothing sponsor! Oxford Physical Therapy: The official sports medicine provider of Tri-State Running Company Edgewood. With offices throughout Northern Kentucky, including: Crestview Hills, Florence, Independence and Dry Ridge, Oxford Physical Therapy Centers leads the Musculoskeletal Health Services by serving, rehabilitating and caring for the total patient and athlete. Patients receive a free initial consultations at some of their centers. At Oxford physiotherapy, you can get physiotherapy without a prescription. The partners. Partners.

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