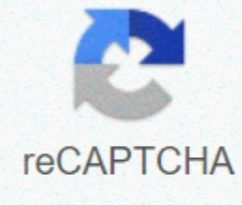




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## Tri state running 5k

Northern Kentucky/Cincinnati Running Shoe Store Welcome to tri-state running company website. We in Cincinnati and Northern Kentucky have one stop running and walking shop for all your run/walk needs! Browsing our website you will find our running shoes, clothing and accessories brands. If this is the Cincinnati area running races that you are looking for, then visit our calendar to find a race near you. We are proudly located in both the heart of Northern Kentucky (Edgewood) at 275 and 75/71 and Mariemont, Ohio off route 50 for easy access to all Tri-State Residents, including Florence, Fort Mitchell, Fort Thomas, Hyde Park, Anderson, and all other Greater Cincinnati areas! We also train for several races throughout the year! These races include (but are not limited to) the Flying Pig Marathon, the Kentucky Derby Marathon, the Nationwide Children's Hospital Columbus Marathon, the Bank of America Chicago Marathon, the Monumental Marathon, and the Queen Bee Half Marathon. Do not be afraid to contact us with your questions or feedback. Tri-State Running Company is proud to sponsor such local runs and walks! 12.31.2020 VIRTUAL 12.31.2020 VIRTUAL 12.31.2020 VIRTUAL 12.31.2020 VIRTUAL 11.26.2020 VIRTUAL 10.31.2020 VIRTUAL 10.31.2020 VIRTUAL 10.31.2020 VIRTUAL 12.25.2020 VIRTUAL 11.26.2020 VIRTUAL 10.31.2020 VIRTUAL 09.07.2020 VIRTUAL 07.04.2020 VIRTUAL 07.04.2020 VIRTUAL 11.26.2020 VIRTUAL 03.18.2020 VIRTUAL 03.17.2021 VIRTUAL 11.26.2020 VALHALLA, NY 11.28.2020 QUEENS, NY 03.31.2020 VIRTUAL 05.10.2020 VIRTUAL Whether you want to run a 5K and don't know where to start or you used to run and are trying to ease back into it, we are here to help! Our start-up program (couch up to 5K) is designed to take participants through the run/walk program until they can eventually build up to running a full 5K. We also offer a walk-only training program to help you move! Our goal for races this year is the city's Edgewood/Tri-State Running Company 5K Training starts: Monday, May 13, Edgewood, KY 148 Barnwood Dr., Edgewood, KY 41017 Training runs will be: Mondays 6:30 PMThursdays at 6:30 pm cost 5K training program is \$50. Our program is open to people of all abilities! If you get back running, want to start running, or want to just get off the couch and walk, we have a group for you. Training schedules: Will be shared in the closed Facebook group Training Program Benefits: Race Day support for pre-and post-race meeting area – supervised sites leave personal belongings. Post-race celebrations in Tri-State Running Company tents with drinks, gourmets and much more! Happy hour to celebrate how far you've come to training for exclusive shopping opportunities in tri-state running company logo tech shirt Weekly emails to keep you up-to-date on the latest events on the group and store! Dedicated Facebook page Training routes Hydration stops on routes You can sign up online – TSRC couch to 5K training – or If you have a questions, please call: Edgewood - 859-341-9999 or email: [email protected] Charts and Stats Age groups are static and may not reflect actual racing departments. Age groups are static and may not reflect actual racing divisions. Age groups are static and may not reflect actual racing divisions. Select region: -- Select -- F 01-09 F 10-11 F 12-14 F 15-17 F 18-24 F 25-29 F 30-34 F 35-39 F 40-44 F 4 45-49 F 50-54 F 55-59 F 60-64 F 65-69 F 70-74 F 75-79 F 80-84 F 85-89 M 01-09 M 1 0-11 M 12-1 M 15-17 M 18-24 M 25-29 M 30-34 M 35-39 M 40-44 M 45-49 M 50-54 M 55-359 M 60-64 M 65-69 M 70-74 M 75-79 M 80-84 M 85-89 NO AGE REGISTRATIONPick-up racing package Tri-State Running Company must record a raffle for a chance to win a pair of New Balance shoes to give away every day. Also, several New Balance socks give away every day until registration closes on July 3 after 6pm! PRE-REGISTRATION & \$25.00 includes Collector's Technical shirt | \$15.00 (no shirt) & Entries have been postmarked or dropped off by Saturday, June 22nd.& Register online: www.edgewood5k.com & Online registration will be closed at midnight, Thursday, June 25th.& Individuals can pre-register at Tri-State Running Company from Friday, June 26th to Friday, July 3rd at 6pm.& PRE-REGISTERED participants can pickup shirts and BIBS (chip with bib) only at Edgewood's Tri-State Running Company, 148 Barnwood Drive, from Friday June 26th to Sunday, June 28th. 10:00 - 18:00; from Monday June 29th to Thursday July 2nd, 10-8pm; Friday July 3rd, 10-6.& 00 Pre-Registration and packet pick-up closes Friday July 3rd at 6pm RACE DAY REGISTRATION & \$35.00 (Collector's Technical shirt, but supplies last) | \$25.00 (no shirt) & Race Day Registration and Packet Pick-up will be open from 6:15 am - 7pm. PLEASE ARRIVE EARLY! & Extra Collector technical shirts available for \$10.00 on Race Day (but supplies last) PRIZES& 1. Total male and female strings\* | Free shoes \*\* & 2. Total Men's and Women's Runners | \$50 Gift Card \*\* & 3. Overall Male & Female Strings | \$30 Gift Card \*\* & Top 20 Men & Top 20 Women | Half-zip Award & 1st Total Male and female walkers | \$30 Gift Card \*\* RACE DIVISION PRIZES TOP 3 MEN & 3 Women in each division will receive a medal + gift card \*\*1. Male & Female in each division / \$15 Gift Card \*\* 2. & 3. Male & Female in each division /\$15 Gift Card Division & 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 , 40-49, 50-59, 60-OVER MAIL IN ENTRIES Edgewood 5K c/o Tri-State Running Company - 148 Barnwood Drive, Edgewood, KY 45214Post tagged with Saturday 20 June 2020 COURSECHIP TIMED NO START LINE to finish! USATF CERTIFIED COURSE. Start Dudley at The Park by Finish at Presidents Park DIRECTIONS KY I-275 on Turkeyfoot Rd. Exit, South on Turkeyfoot, left on Dudley Rd. 1/2 mile. Parking in St. Peter's Church (No. presidents in the park). FUN RUN & All children aged 9 and eligible-MIST AREA & DOOR PRIZES!& 2 runs: 5-under & 6-9 INFORMATIONsakt Hannah Centers at hcenters@edgewoodky.gov&Please use only one form per participant. Copy this form to an additional record. &Results will be posted to www.edgewood5k.com. Post Your ResultsFull Results Go Purple 10 Mile Challenge Post Your ResultsFull Results 5. On RUN LIKE LION 5K Presented by Coal Grove Lions Club Congrats to Dustin Moritz (19:02.0) and Laura Kuhn (23:44.9) for their individual wins! Full Results | Photos run like lion virtual 5K October 31/1 November Your resultsComplete results halloween hustle congrats to Alex Morris (17:08.4) and Emma Newsom (22:59.3) for their individual wins! Full Results | Photos GREAT BOWLS FIRE VIRTUAL 5K October 24/25 Post Your ResultsFull Results Region III Boys Congrats to Devan Lawson (18:55.1) for your individual win! Full Results | Photos of Region III Girls Congrats to Baylee Jarrett (21:43.1) for her individual win! Full Results | Photos of Region III Girls Congrats to Baylee Jarrett (21:43.1) for her individual win! Full Results | Photos of Region III AA Boys Congrats to Ethan Board (17:32.9) for his individual win! Full Results | Photos of Region III AA Girls Congrats to Kathleen Walkup (22:07.7) for her individual win! Full Results | Photos Region I AA XC Championship Boys Congrats to Logan Zuchelli (17:10.2) for his individual win! Full Results | Photos Region I AA XC Championship Girls Congrats to Erykah Christopher (21:15.0) for her individual win! Full Results | Photos of SOC XC HS Boys Congrats to Landen Smith (15:47.5) for his individual win! Full Results | Photos of SOC XC HS Girls Congrats to Olivia Cisco (19:29.4) for her individual win! Full Results | Photos of SOC XC MS Boys Congrats to Aiden Werner (11:04.0) for his individual win! Full Results | Photos of SOC XC MS Girls Congrats to Josie Ware (13:46.2) for her individual win! Full Results | Photos RUN ON SALUTE VIRTUAL 5K AND 1 MILE MEMORY WALK October 17/18 Post Your ResultsFull Results ALL SOUL RETREAT VIRTUAL 5K October 17/18 Post Your resultsComplete results LKC Championship High School Boys Congrats to Zach Cannon (17:43.2) for your individual win! Full Results | Photos of lkc championship high school girls congrats to Ella Hesson (20:28.8) for her individual win! Full Results | Photos OF THE TRIPLE CROWN RACE SERIES #2 BUILD THE WALL VIRTUAL 5K Oct 10/11 Post Your ResultsPill Results Ritchie County XC Middle School Boys Congrats on Nate Stuck (10:57.3) for his individual win! Full Results | Photos 7. The Congrats on weCANclimb 5K Trail Run & Hikes congrats to Charles Melvin (28:52.2) and Maysen Fletcher (29:38.9) for their individual wins! Full Results | Photos of Ritchie County XC School Girls Congrats to Alyssa Sauro (11:22.0) for her individual win! Full Results | Photos Photos

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