

## About the Friends of Lower Muskingum River

FLMR is committed to improving water quality in the river, and co-operating with other organizations and individuals to achieve sound watershed management to protect the river while promoting economic development and recreational use.

Our educational outreach programs address the need to improve water quality, promote the use of best management practices, and encourage sustainable development along the river and its tributaries.

As a land trust, we are involved in acquiring land as well as land preservation agreements (conservation easements) from concerned landowners. Our objective is to restore, preserve and protect natural areas and farmland along the lower Muskingum.

To pursue this mission, Friends of Lower Muskingum River, Inc. was established as a 501(c)(3) IRS-qualified non-profit corporation in 2003.

### ABOUT EARTH DAY

The idea of a nationally celebrated Earth Day was born during the environmental movement of the late 1960s and early 1970s. The first Earth Day was held on April 22, 1970 and brought out more than twenty million participants nationwide. Since this first Earth Day, millions have celebrated Earth Day each year resulting in increased awareness about the environment and important changes to US environmental policy such the passage of the Clean Air and Clean Water Acts and the ban of DDT pesticides. Continue this celebration of the environment by participating in an Earth Day event this year.

## CELEBRATE EARTH DAY!



### 10 Steps to Being a Good Stream Neighbor

- 1) Leave an undeveloped buffer of native trees, shrubs and grasses next to your stream.
- 2) Encourage wise floodplain use by participating in personal and community land use planning.
- 3) Work with a professional forester if you want to cut timber.
- 4) Plant grass on construction sites and other disturbed areas as soon as possible and as often as necessary until you have an established cover.
- 5) Do not allow fertilizers and pesticides to run off into streams or water ways and leave a buffer of trees, shrubs and grasses.
- 6) Fence livestock away from the stream and provide alternate water sources.
- 7) Maintain your septic system by having it inspected and pumped out every 3 years.
- 8) Keep trash, oil, salt brine, chemicals, tires, appliances, cars, and pesticides out of the floodplain.
- 9) Consider protecting your stream and land for future generations by placing a conservation easement on it.
- 10) Adopt your watershed- support your local watershed organization, volunteer to help with trash clean ups, remove non-native invasive species or help with water quality monitoring.

### Recycle Your Used Ink Cartridges

Please bring used ink cartridges, toner, old cell phones or MP3 players to the race to help support FLMR projects and to reduce the quantity of these items ending up in local landfills.



# Earth Day 5K

## Run/Walk for the River

### April 22, 2010 at 6:30 PM



**Celebrate Earth Day by  
participating in this fun run/walk  
along the Muskingum River**

*Hosted by the  
Friends of Lower Muskingum River*



**348 Muskingum Dr.  
Marietta, OH 45750  
Tel: 740-374-4170**

**Website: [www.muskingumriver.org](http://www.muskingumriver.org)**

## The Earth Day 5K

is for the benefit of the Friends of Lower Muskingum River (FLMR). All proceeds will go toward FLMR projects. To learn more about the Friends of Lower Muskingum River, visit our web page at [www.muskingumriver.org](http://www.muskingumriver.org).

### Course Information

The race will begin and end at Indian Acres Park in Marietta. The race will go along Front Street to East Muskingum Park and will then return to Indian Acres Park along the River Trail bike path.



**Water:** Available between mile 1 and mile 2 during the race. At the finish line water, beverages, and snacks will also be offered.

**Restrooms:** Located at Indian Acres Park.



## Earth Day Run/Walk Awards

First three overall male/female.  
Top three of the following age groups:

14 & under	40-49
15-19	50-59
20- 29	60-69
30-39	70+

### Race Day Registration

Race day registration will be held on Thursday, April 22 from 5:00 - 6:00 at the Indian Acres boat ramp parking lot in Marietta.

### Race Packet Pick-Up

Race packets can be picked up on April 20th and April 21st between 9 am- 5 pm at the Friends of Lower Muskingum River's office at 348 Muskingum Drive in Marietta.

Race packets can also be picked up between 5:00 pm until race time at the Indian Acres boat ramp parking lot.

### Race Rules

- Participants with dogs and strollers are not allowed to start with the runners. They are welcome to start with the walking group.
- No bicycles, scooters, rollerblades or skateboards are allowed in the race.
- Headphones and music players are strongly discouraged for safety reasons.

### Driving Directions To Indian Acres Park

From I-77, take Exit 1 onto Pike Street towards downtown Marietta. Proceed approx. 1.5 miles on Pike Street to Third Street. Go right on Third Street approx. 1.5 miles to Linwood Ave. Take a left and drive approx. 1/4 mile to Indian Acres Park on right.

## Earth Day 5K RUN / WALK

**DATE & TIME:** April 22, 2010 at 6:30 PM (Walkers will begin 10 minutes later).

**\$12.00** posted by April 14, 2010

**\$15.00** after April 14, 2010 and race day

**CONTACT:** Brenda Lazarus, OSM/VISTA Watershed Coordinator for Friends of Lower Muskingum River  
Tel: 740-374-4170  
Email: [blazarus2@gmail.com](mailto:blazarus2@gmail.com)

**Mail entry to: Friends of Lower Muskingum River**  
348 Muskingum Drive, Marietta OH 45750

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**PLEASE FILL IN ALL FIELDS**

Name \_\_\_\_\_ **MALE FEMALE**  
(circle one)

Address \_\_\_\_\_ **RUN WALK**  
(circle one)

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Date of Birth Age on Race Day

**ADULT SHIRT SIZE (PLEASE CIRCLE ONE):**

<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>
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**WAIVER:** In consideration of acceptance this entry to the Friends of Lower Muskingum River's Earth Day 5K I waive all claims for myself, my heirs and assigns against **the Friends of Lower Muskingum River, the City of Marietta and the Earth Day 5K sponsors and promoters** for injury or illness which may result from my participation. I attest and verify that I have full knowledge of the risk involved in these events, that I am physically fit and sufficiently trained to participate. I have read the above statement, I understand it and my signature confirms its full acceptance.

Signature \_\_\_\_\_ / \_\_\_\_\_ Date

Parent/Guardian if under 18 years old \_\_\_\_\_

Please Detach and Return Form to the Friends of Lower Muskingum River