

# ALTERFEST 2010 FAMILY 5K RUN

Saturday September 4, 2010 8:15 a.m.

Hosted by:

ALTER CROSS COUNTRY, TRACK & FIELD BOOSTERS ASSOCIATION

**Course Description:** The 5K Run begins and finishes at Alter High School and includes the residential neighborhood around the high school. The course is flat, fast and finishes in front of the Alter Knight.

### Course Records

Jeff Coudron 16:36; Mindy Leisure 18:14

**Awards:** Top female, top male racers. Recognition to top female and male runner in following age groups  
14 and under, 15-20, 21-30, 31-40, 41-50, 51-60, 61 and over

**Kids Fun Run:** Prior to the 5K Run, a separate Kids Fun Run for two age groups – 6 and under and 7-10 run two laps. All Fun Runners receive a ribbon. Race begins 8:00 on Jack Ward Track behind Alter High School.

**Day of Race Registration:** Shirts (if available) and number pick up 6:30-7:30 a.m. September 4.

**Registration and Parking:** In front of Alter High School – 940 East David Road, Kettering, Ohio – Park on front school lawn

**Race information:** email: [alter5k@gmail.com](mailto:alter5k@gmail.com) or call Alter Advancement Office 937-434-2059

**No baby strollers, in-line skates, dogs or headphones in the race.**

**ON-LINE REGISTRATION: [www.speedy-feet.com](http://www.speedy-feet.com)**

### ENTRY FORM

**Pre-registration must be postmarked September 2, 2010 to ensure a T-shirt**

**Make checks payable to: Alter High School 5K Run**

**Mail to:** Knight Run, Alter High School Advancement Office, 940 E. David Rd, Kettering, OH 45429

_____	_____	_____	_____	_____
Last Name	First Name	Date of Birth	Age Day of Race	M/F
_____	_____	_____	_____	_____
Address	City	State	Zip	Phone Number
<b>Fee does not include T-shirt -- Order T-shirt below</b>				<b>TOTAL</b>
5 K Race (single rate)	\$10	_____	_____	_____
5 K Race (family rate – 3 or more runners/same family)**	\$20	_____	_____	_____
Kids Fun Run**	1 runner \$5	_____	_____	_____
** (List family members below)	2 runners/same family \$9	_____	_____	_____
	Family rate-3 or more/same family \$12	_____	_____	_____
<b>T-shirt</b> Qty _____ @ \$8 per shirt _____	Size (adult sizes only) sm _____ med _____ lg _____ xl _____ xxl _____	_____	_____	_____

**eMail address** \_\_\_\_\_

**AMOUNT ENCLOSED:** \_\_\_\_\_

**Family Member Names:**

Name	Age Day of Race	Name	Age Day of Race
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**WAIVER OF LIABILITY:** (5K Run and Kids Fun Run) I, intending to be legally bound, for myself, my heirs, next of kin, executors and administrators, voluntarily assume all risks of accident or injury and release forever discharge, indemnify and hold harmless The Archdioceses of Cincinnati, Archbishop Alter High School, it's employees, it's associations, it's sponsors and contributors and all volunteers associated with this event from any and all liability for personal injury and property damage of any kind sustained during the 5K Knight Run held on September 4, 2010, whether such personal injury or property damage is caused by gross negligence or carelessness of the Released Parties or others. I have full knowledge of the risks involved and attest that I am physically fit and sufficiently trained to participate in this athletic event. I understand that the roads will be opened to traffic, including motor vehicles, cyclists, pedestrians, and in-line skaters. I grant permission to all foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legal purpose.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent/Guardian Signature if Participant Under 18 \_\_\_\_\_

Date \_\_\_\_\_

Office Use Only: # Registrations Received \_\_\_\_\_ Check # \_\_\_\_\_ Check Am't \_\_\_\_\_ Cash Am't \_\_\_\_\_