

Strides Against Violence 5k Walk/Run

When: April 14th, 2012 at 10:00 am

Check-in begins at 8:30

Where: Buck Creek State Park

Hickory Knoll Shelter

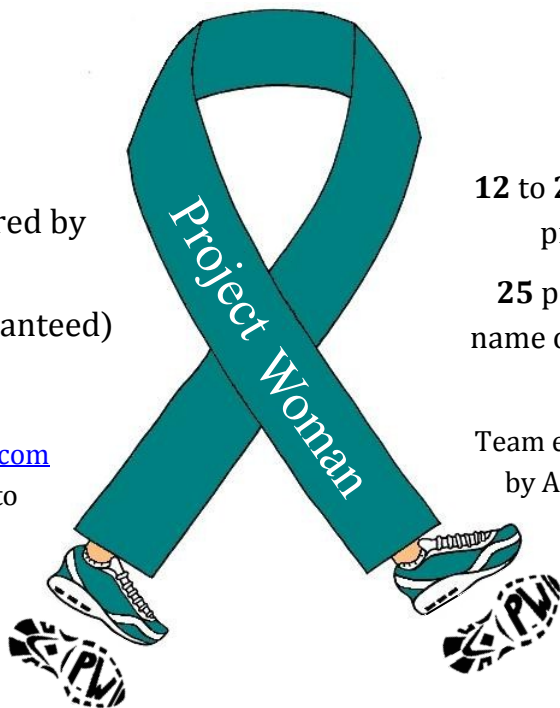
Registration:

\$20 (includes t-shirt if registered by April 6th)

Day of race **\$25** (t-shirt not guaranteed)

Register online at www.speedy-feet.com

or mail entry form with payment to Project Woman.



Teams:

12 to 24 people will get team name printed on t-shirt sleeves.

25 people or more will get team name on sleeves as well as choice of t-shirt color.

Team entry forms **MUST** be submitted by April 6th. Team leaders please contact Sarah Garten.

Leashed dogs and strollers welcome. Children 10 and under are free.

Questions? Contact Sarah Garten at 328-5308 or sgarten@projectwomanohio.org

Detach bottom form and return to Project Woman with payment. 1316 E. High Street Springfield, OH 45505.

Name: _____	Phone: _____
Address: _____	City: _____
State: _____	Zip: _____
Email: _____	
Sex: M F	Age on date of 5k: _____
	T-shirt size: S M L XL 2XL 3XL
	5k runner _____
	5k walker _____

If running/walking with a team of **12 to 24** people,

Team name: _____ Team leader: _____

If running/walking with a team of **25** or more people, Team name: _____

Team leader: _____ Team color: _____

All entrants **MUST** sign consent and liability waiver!

By participating in Strides Against Violence 5k Walk/Run, I, for myself and my heirs, spouse, successors, executors, and administrators waive, release, and forever discharge any and all rights and claims which I have or may have in the future against Project Woman, Buck Creek State Park, all sponsors and officials involved in the race, the predecessors and successors and all of their directors, employees, volunteers, and representatives while traveling to and from and participating in the event for any and all injuries suffered by me at this event. I attest and certify that I am physically fit and sufficiently trained for this event.

Signature _____

Date _____

Parent/Guardian if under 18