



**Friday, September 24, 2010 at 7:00 p.m.  
at RiverScape MetroPark**  
(Check-in and Registration: 5:30 p.m.)

**Race Info**

- 5K (3.1 miles) run/walk course at RiverScape MetroPark, 111 East Monument Avenue, (downtown) Dayton, OH 45402. Race will begin at Founder's Point on the Scenic RiverScape Pathway
- Check-in begins at 5:30
- Race starts at 7:00 p.m.
- One mid-race water station
- Post-race snacks, awards & prizes
- Free parking is available at PMI lots and next to the Wolpert Building on Monument Avenue

**Registration**

- \$25 per entry (includes t-shirt with pre-registration by 9/10)
- Race-day registration will be \$25, but t-shirt is not guaranteed
- Mail in check payable to **Oasis House** with completed entry form to **Oasis House, P.O. Box 13075, Dayton, OH 45413-0075**
- Online registration (includes t-shirt with pre-registration by 9/10) at: [www.speedy-feet.com](http://www.speedy-feet.com)
- Check-in begins at 5:30 p.m.

**Awards**

- Awards ceremony is at 8:30 p.m. at the Pavilion including free Domino's pizza and refreshments, and entertainment
- Prizes awarded to the Overall Male and Female and Top 3 in each age group (must be present at awards ceremony)
- Age Groups: 10 & under; 11-16; 17-25; 26-35; 36-45; 46-55; 56-65; 66 & over

*Proceeds benefit Oasis House and the programs offered to women who are victims of the sex industry.*



**I am a:**  **Runner / Walker**     **Neither, I want to make a donation and get a t-shirt (register by 9/10 for a shirt)**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Telephone (\_\_\_\_\_) \_\_\_\_\_ E-mail \_\_\_\_\_

Age (on race date) \_\_\_\_\_ Date of Birth (mm/dd/yyyy) \_\_\_\_/\_\_\_\_/\_\_\_\_

Adult shirt size: S M L XL (XXL add \$2)

**Release & Waiver of Liability**

*I, \_\_\_\_\_ hereby state that I am physically able to participate and assume all risks: (for example, but not limited to, injuries associated with long distance running on surface streets, dehydration, pulled muscles, and joint sprains, etc.) associated with this event. I, myself, heirs and assignees, hereby release Oasis House, all sponsors, coordinating groups, and any individuals associated with this event and their representatives from any and all claims that may arise as a result of my participation in the STILETTOS TO SNEAKERS RUN FOR WOMEN 5K event.*

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

If under the age of 18, signature of parent or guardian: \_\_\_\_\_ Date \_\_\_\_\_



**13075, Dayton, OH 45413  
937) 898-7811**