



Join us Friday, May 25, 2012 at 7:00 p.m. for the Sixth Annual 5K Run and Fitness Walk to benefit CARE House, our community's advocacy center for child victims of abuse and neglect.

Course: The 3.1 mile course begins and ends at Brixx Ice Company, 500 E. First Street in Downtown Dayton, and winds along the Great Miami River.

Run Divisions: 14/under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-59, 60-64, 65-69 and 70/over.

Walk Divisions: 29/under, 30-39, 40-49, 50-59, 60/over.

Team Competition: Three-person teams will compete for special prizes and awards.

Awards: The overall top male and female runner will receive special awards. Age group awards will also be given to the top male and female runners and walkers for each age group. Awards will be presented to the winners at Brixx immediately following the race.

Post-Race Party: After the race, enjoy the Brixx "Refueling Station" with food and drink, as well as the awards ceremony with live entertainment. All participants will receive one free beer ticket compliments of Brixx.

Stuffed Animals: In an effort to help CARE House provide stuffed animals to child victims, participants are encouraged to bring a new stuffed animal of any size on race day.

Pre-Registration: Pre-registration is \$20 (three-person team registration is \$55). Participants may register by submitting this form to 5 for the Kids c/o Speedy Feet, Jeff Coudron, 147 E. Hadley Ave., Dayton, OH 45419 postmarked by Friday, May 18, 2012. Participants may also register online through May 24, 2012 at www.5forthekids.org/registertoday or www.speedy-feet.com. Make checks payable to "5 for the Kids." All participants who pre-register are guaranteed a race t-shirt.

Race-Day Registration: Race-day registration costs \$25 and begins outside Brixx Ice Company at 5:30 p.m. Race-day registration is payable by cash or check only. Race-day registrants are not guaranteed a t-shirt; t-shirts are available on a first-come, first-serve basis.

Directions: From I-75 take the First Street exit. Follow First Street east approximately one mile. Brixx is located on the right side of the street across from Fifth Third Field. Free parking is available in the Mendelson's parking lot as well as behind Dayton Tool Supply.

Contact Jeff Coudron of Speedy Feet at (937) 361-6825

For complete information, course map, directions, on-line registration and results, visit:

www.5forthekids.org/registertoday or www.speedy-feet.com

5 FOR THE KIDS ENTRY FORM

Name: _____

Address: _____ City: _____ State: _____ Zip _____

Email: _____ @ _____ Phone: _____

Age (as of May 25, 2012): _____ Sex: M F Race: Run Walk T-Shirt: S M L XL

Team Name (optional): _____ (three members per team - submit entries together)

This waiver must be signed: In consideration of the acceptance of my entry, I hereby waive on behalf of my heirs, executors and assigns, all claims of any nature arising from my participation in the Dayton Bar Association's "5 for the Kids" run and do hereby release the Dayton Bar Association, Brixx Ice Company, Five Rivers MetroParks, Speedy Feet, Jeff Coudron, USATF and all sponsors, workers, officials and volunteers from any claim whatsoever arising from my participation in this event. I agree to abide by all the rules for participation and acknowledge that the Race Committee may refuse or return my entry at its discretion. I understand the risks for such a run and have trained adequately in preparation. I have noted any relevant medical conditions on this form.

Relevant medical conditions _____

Signature _____ Date _____

Parent's signature (for entrants under age 18) _____ Date _____

In case of medical emergency, contact: _____ Phone (____) _____ or put "at race"

Make Checks Payable To: 5 for the Kids

Mail to: c/o Speedy Feet, Jeff Coudron, 147 E. Hadley Ave., Dayton, OH 45419

