

# "Connecting for Life"

## 5K Run/Walk

### 9-9-2010

Join us for a great cause!!!!



Race sponsored by:

### Age Groups:

<u>Men</u>		<u>Women</u>	
14 & under	15 - 24	14 & under	15
25 - 34	35 - 44	25 - 34	35 - 44
45 - 54	55 & over	45 - 54	55 & over



**Entry:** \$12 per entry before August 15.

Race Day \$16 per entry.

**Online Registration** [www.speedy-feet.com](http://www.speedy-feet.com)

Check or money orders payable to PVADAMH Board

If mailing, mail entry and payment to:

Paint Valley ADAMH Board

394 Chestnut Street

Chillicothe, Ohio 45601

Attention: Suicide Prevention Coalition

**Race results available at [www.speedy-feet.com](http://www.speedy-feet.com)**

**Awards: Top 3 men and women will receive trophies**

**Top 3 men and women age groups will receive medallions**

**T-shirts to all PRE-REGISTRANTS Additional awards based on pre-registration numbers**

**Race Info: Race starts at Yoctangee Park in Municipal Pool parking lot at 7:00 P.M. sharp**



Age as of 9/09/2010 \_\_\_\_\_ Name \_\_\_\_\_ DOB \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
 T-shirt size \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
 Zip Code \_\_\_\_\_ Phone \_\_\_\_\_

In consideration of the acceptance of this entry, I waive for myself, my heirs, and all claims for damages against the sponsors and their representatives and all race officials, for any injuries received during this event. I attest and verify that I am physically fit and have sufficiently trained for the Ross County Suicide Prevention Coalition 5k run. Due to insurance restrictions, rollerblades, baby joggers/strollers, bikes, dogs, and unregistered runners will not be allowed on the race course.

Signature \_\_\_\_\_

Date \_\_\_\_\_ (Parent or Guardian signature if under 18)

Contact Person: Elizabeth Meade 740-703-1173 (Race Director)