



and 1/2 mile fun run

Presented by:



A FREE youth race for school-aged kids through 12<sup>th</sup> grade.

**Sunday October 3<sup>rd</sup>, 2010**

Sign in starts at 1:30 p.m.

Please plan on arriving early.

Race starts at 2:00 p.m.

**At Snyder Park**

(Start is located near the first shelter house off of Rt. 40)

**Registration deadline is September 20th**

Open to the first 300 who register.

All runners will receive a race t-shirt.

Parent, Guardian or Mentor can run with child without registering. If you have any questions please call the CRC office at 324-2529.

*Sponsored by:*



Springfield Foundation

For good. For ever.



A community awareness program by *Littleton Race*



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**Couch to 5K Registration Form**

*Please return form to school connector or mail to CRC PO Box 3057 Springfield Ohio 45501 by Sept. 20th*

Runner's Name \_\_\_\_\_ School/Grade \_\_\_\_\_

Event (please circle one): 5K (available to all school aged kids) OR 1/2 mile fun run (available for K-3<sup>rd</sup> graders)

YM YL AS AM AL AXL \_\_\_\_\_ Parent/Guardian Name \_\_\_\_\_ Phone \_\_\_\_\_

T-Shirt Size (please circle one)

Waiver: Parent/Guardian and runner know that participation in this activity is potentially hazardous. Runner will not participate unless they are physically able and properly trained. I hereby agree to abide by the rules & regulations governing this activity and elect to participate at my own risk, and in consideration for being allowed to participate, do hereby release and discharge Childrens Rescue Center , officers, agents, employees, sponsors, and officials and their successors from any and all liability (including death) that may be received by me (or my minor child) and from all claims and demands to personal property growing out of or resulting from my participation in the race except where the same is caused by the willful misconduct of the foregoing. I further certify that my physical condition will enable me to participate in this event. I grant full permission to the sponsors, organizers and affiliates to use my (or my child's) name, photographs or any other record of participation in this event for picture in any broadcast, telecast, or any other written account of the event for publicity purpose, without compensation or remuneration.

\_\_\_\_\_  
Signature of Runner

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date