

Rocking Horse Community Health Center

Hoof it for the Horse!

5K FUN!

Saturday, September 11, 2009 -10am at *Buck Creek State Park Hickory Knoll Shelter*
Groups of 25 or more – get your Team Name printed on the sleeve of a colored shirt!

Cause

All proceeds from this event will be donated to **Rocking Horse Community Health Center** – a non-profit primary healthcare facility focusing on the underserved of our community.

Entry Fee

Pre-Registration - \$20
by Monday, August 30. Make checks payable to Rocking Horse Community Health Center

Check-in

Race packets may be picked up beginning at 8:30am on the day of the race. If you are not preregistered, please arrive at 8:30am. Snacks will be provided at race completion.

Course

5k (3.1 miles) open to everyone!
Water stations on the course + finish line refreshments.
Walkers, strollers and pets on leashes welcome!

Awards

Awards will be presented to top finishers. Free-T-shirts guaranteed for pre-registrants. Timing and results provided by Speedy Feet Racing (www.speedy-feet.com)

Start/Finish

Race begins and ends at Buck Creek State Park Hickory Knoll Shelter House



Mail Entries To:

Hoof It for the Horse- Development Dept.
651 S. Limestone St. Springfield, OH 45505
Call 324-1111 ext. 109, 110 with questions!

Register Online

Speedy Feet
www.speedy-feet.com

Name _____ **Circle:** Male Female **Circle:** Runner Walker

Age on Race Day _____ Date of Birth _____ Email Address: _____

Address _____ City _____ State _____ Zip _____

Circle Shirt Size: Youth Large Adult Small Adult Medium Adult Large Adult X- Large Adult XX-Large

Groups of 25 or more –get your Team Name printed on the sleeve of a colored shirt!

Team Captain _____ Team Name _____ Team Color _____

Waiver of Liability

By participating in this race, I, for myself, my heirs, next of kin, executors and administrators, waive, release and forever discharge, indemnify and hold harmless Rocking Horse Community Health Center, buck Creek State Park and all employees, officers, sponsors and agency from any and all liability for personal injury or property damage of any kind sustained during the September 11, 2010 event whether such personal injury or property damage is caused by the gross negligence or carelessness of the released parties. I have full knowledge of the risks involved and attest that I am physically fit and sufficiently trained to participate in the athletic event. I grant permission to all foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legal purposes. NO ROLLERBLADES.

SIGNATURE _____ DATE _____ (Parent's signature required if under 18)