



MIAMI COUNTY RECOVERY COUNCIL

RUN FOR RECOVERY

5K

WALK For WELLNESS

1 Mile or 5K

Saturday August 28, 2010 @ 9 a.m.



CAUSE

All proceeds from this event will be donated to the Miami County Recovery Council, a charitable non-profit. Funds raised will go toward prevention and education activities with adolescents and younger children.

COURSE

5K (3.1 miles) open to all runners - young & old. Water stations on the course, plus finish-line refreshments. One mile loop for walkers/strollers. Sorry, no pets. Walkers can opt for 1 mile or 5K; no timing/awards.

WHAT MAKES THIS SUCH A GREAT EVENT

Great cause! Excellent view of entire course for spectators! Bike path course (no cars). Celebrate wellness with us. Stay for free burgers and bratts at the fellowship picnic following the event!

RESULTS & AWARDS

Timing and results provided by Speedy Feet Racing (www.speedy-feet.com). Awards will be presented to the top three male/female participants in each age category. Plaque for overall male/female. Special "recovery" category as separate age group.

Entry Fee	\$15 by August 15th, \$20 thereafter. Checks payable to: Miami County Recovery Council 5K A spectacular t-shirt is guaranteed for those registered on or before August 15 th .
Check In	Race packets may be picked up beginning at 8 am on the day of the race. Snacks will be provided at the completion of the race. LiveStrong bracelet for each entry.
Course – Start & Finish	Race begins and ends at Duke Park, 1670 Troy-Sidney Rd, Troy, Ohio Race starts at 9:00 am.

Mail Entries or Contact with Questions:

Speedy Feet 937.361.6825
1381 Falke Dr. jeffrey_coudron@yahoo.com
Dayton, OH 45432

Online Entry, Results & Pictures posted at:

www.speedy-feet.com
www.mcrcinc.org

-----Detach Here & Mail to the Address Listed Above-----

Name _____ Circle: Male Female

Age on Race Day _____ Recovery Division (sober time) _____ Circle: Runner Walker

Address _____ City _____ State _____ Zip _____

School Name (students) _____ Emergency Contact (inc. phone #) _____

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

WAIVER OF LIABILITY

I, intending to be legally bound, for myself, my heirs, next of kin, executors and administrators, voluntarily assume all risks of accident or injury and release and forever discharge, indemnify and hold harmless the Miami County Recovery Council and all employees, officers, sponsors and agency (collectively the "released parties"), from any and all liability for personal injury or property damage of any kind sustained during the August 28, 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 _____

SIGNATURE _____ DATE _____

(Parent's signature required if participant is less than 18 years of age)

