



Strides Against Sexual Violence 5K Run / Walk



Race Day Information

When: April 10th, 2010 race begins at 10:00am please check in by 9:45am
Where: Buck Creek State Park, Hickory Knoll Shelter

Pre-Registration : \$15

Entry form must received by April 1st

Register online at www.speedy-feet.com
or mail in the entry form to Project Woman

Race Day Registration \$20

Please arrive by 9:30am at
Hickory Knoll Shelter cash or
check will be accepted.

Certificates will be provided with official time for runners and awards for top finishers.
Free T-shirts for all pre-registrants and race day registrants as long as supplies last.
Proceeds to benefit Project Woman call 937-328-5308 for more information.

Race Sponsors



Detach and return to Project Woman 1316 E. High St. Springfield OH 45505. Make checks payable to Project Woman

Name: _____ Gender: M F Birthday: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: (____) _____ Email: _____

T-Shirt Size: **Adult:** S M L XL XXL

If running / walking with a team of 12 to 24 people your team name will be printed on the sleeve of your t-shirts. Team Name: _____

If running / walking with a team of 25 or more people your team name will be printed on the sleeve of your t-shirts and you can choose the color of your team shirts.

Team Name: _____ Team Color: _____

All entrants must sign consent & liability waiver

By participating in this race, I, for myself, and my heirs, spouse, successors, executors and administrators waive, release and forever discharge any and all rights and claims which I have or may have in the future against Project Woman, Buck Creek State Park, all sponsors and officials involved in the race, the predecessors and successors and all of their directors, employees, volunteers and representatives while traveling to and from and participating in the event for any and all injuries suffered by me at this event. I attest and certify that I am physically fit and sufficiently trained for this event.

Signature: _____

Date: _____

Parent / Guardian if under 18