

Run/Walk in our First Annual Benefit

5K!

# Trax for Backpacks 5k



*benefiting the Lakota Sioux Children*

## Saturday, October 30, 2010

### VOA Park, West Chester, OH

8:00 - 9:00 am—Registration | 9:30 am— Start

**Early Registration** (postmarked on or before October 9): \$20

**Late Registration** (after October 9 and on race day): \$25

There is a \$3 daily park entrance fee for those who do not have a yearly pass to Metro Parks that is not included in the registration fee for the 5k.

**Awards:** T-shirts for all entrants who register in advance. T-shirts may not be available for participants registering after October 9. Overall and age group awards to winners. Free refreshments will be provided to participants.

Register online at **www.Speedy-Feet.com** or return attached registration form.

Sponsor Space - Logo must be about 150kb or more.

**Giving a child on the Reservation school supplies not only provides them with much needed equipment for school but it gives them hope for a future.**

The Pine Ridge Reservation in South Dakota has been the poorest place in America with a median income of just \$3500.00 a year. The school drop out rate is soaring at an estimated 70% and the schools on the Reservation fall into the bottom 10% of funding.

Since 2004 we have been delivering new backpacks filled with school supplies to one village on the Reservation. In 2008 we expanded our efforts to provide backpacks and school supplies to the children in three villages. In July of 2010 we will be delivering 600 backpacks to children in three villages. Our long-range goal is to be able to give every child on the Reservation a new backpack and school supplies each year.

***All proceeds will go to benefiting Backpacks for Pine Ridge work with the Lakota Sioux Children.***

**For more info contact Rhonda at 513.503.7100 or email at rgreely1@gmail.com**

#### Registration

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Circle Gender: M F

Please indicate your age on Race Day: \_\_\_\_\_

Please check if you intend to walk rather than run:

T-shirt size: YL S M L XL

Make checks payable to **Backpacks for Pine Ridge Fund.**

Mail checks and entry forms to: Backpacks for Pine Ridge  
6468 Kimberly Drive  
Hamilton, OH 45011

#### Runner's agreement, waiver and release

I know that running a cross country or road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by all decisions of the race officials relative to my ability to compete and run safely. I assume all risks with running in this event, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Backpacks For Pine Ridge, race organizers, and all associated sponsors, their representatives and successors, MetroParks of Butler County, it's elected and appointed officials, employees or volunteers, from all claims or liabilities of any kind arising out of my participation in this event.

In consideration of the safety of all participants, I understand that absolutely no baby joggers, baby strollers, headphones, animals on leash, skateboards, skates, roller blades or bicycles are allowed on the course. In addition I understand that if the race is cancelled by circumstances beyond the control of the organizer, my entry fee will not be refunded. I grant permission to all the foregoing to use photographs, motion pictures, records, or other records of this event for any legitimate purpose.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or Guardian must sign if entrant is under 18.)

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_