

**eliminating racism
empowering women**
ywca



**YWCA Dayton
Empowerment 5k Run/Walk
Riverscape, Downtown Dayton
Saturday, August 14, 2010
Registration/Check-In: 7:30 am
Race Begins: 9:00 am**

Jump-start your day and join us for the *first annual* YWCA Dayton Empowerment Walk/Run along Dayton's scenic Riverscape pathway. Proceeds will benefit the YWCA's programs and services for women and children affected by domestic violence.

Honorary Chair: Susie Stein, Owner, Up & Running
Grand Marshalls: Natasha Williams, Anchor, NewsCenter 7, WHIO-TV
Joey Williams: Dayton City Commissioner

Fees: \$20 per person before August 10th
\$25 per person, August 10th-14th
(Includes t-shirt, food, beverages, awards & door prizes)
Children under age 12: Free (no t-shirt)

Registration: On-line at <http://www.speedy-feet.com> or drop off/mail the form below before August 10th to: the YWCA, 141 W. Third St., Dayton, 45402 or at Up & Running in the Washington Square Shopping Center, Dayton, 45459.

For more information: Call 461-5550, x179

Please Print Clearly

Last Name: _____ **First Name:** _____
Street Address: _____ **City/Zip:** _____
Phone: _____ **Email:** _____
Circle T-Shirt Size: S M L XL 2X Team Affiliation (if applicable): _____

WAIVER (must be signed by all participants): In consideration of the foregoing, I for myself, my heirs, executors & administrators, Waive and release any and all rights & claims for damages I may have against any of the sponsors or organizers of this event for any & all claims of damages, demands, actions whatsoever which may arise as a result of my participation in this event. I attest & verify that I am physically fit & have sufficiently trained for the completion of the event. Further, I grant full permission to any & all of the foregoing to use my likeness for any purpose whatsoever. Not responsible for lost or stolen items.

Signature: _____ **Date:** _____

If under 18, parent/guardian's signature: _____ **Date:** _____

YWCA Dayton
1870-2010
Celebrating 140 years of service to Dayton's women and children