



**Race Starts @ 9:00 am July 31<sup>st</sup>**  
 (check-in and on-site registration at 7:45am – 8:30am)

**yellow springs high school**  
 420 e. enon road (at w. south college street), yellow springs, ohio  
*Proceeds benefit Yellow Springs Girls Running*

**Race Info**

- 5k (3.1 miles) through tree-lined streets of Yellow Springs
- Start and Finish at Yellow Springs High School
- One mid-race water station
- Race starts at 9:00 am
- Chip timing
- Post-race snacks, awards & prizes

**Registration**

- **\$15 per entry (includes t-shirt w/ pre-registration by 7/15)**
- **Pre-registration through July 15<sup>th</sup>**
- Mail in check or Online registration at: [www.speedy-feet.com](http://www.speedy-feet.com)
- Same-day registration 7:45a – 8:30a (not guaranteed t-shirt)

**Awards**

Prize awarded to top finisher in each age group (must be present at closing ceremony):  
 < 6; 7-10; 11-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+  
 Drawing for **all** participants after the race/walk. Must be present to receive prizes.

**Registration**

\*\*\*\*Please Print Legibly\*\*\*\*

I am a:  **Runner / Walker**  **Neither, I want to make a donation and get a t-shirt (by 7/15 for shirt)**

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

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone # ( ) \_\_\_\_\_ Age (on race date) \_\_\_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_

Shirt Size (circle one) YL S M L XL 2XL

In exchange for the opportunity to participate in the "simply women" 5k run/walk for women and girls, and recognizing the possibility of physical injury associated with running/walking, I hereby release, discharge and/or otherwise indemnify the 5k coordinators and their affiliated organizations and sponsors, their volunteers, and associated personnel, including the owners of the facilities utilized by the program, against any claim by or on behalf of the registrant as a result of the registrant's participation in the "simply women" 5k run/walk for women and girls. I understand that I may be photographed and event images used on YS Girls Running website.

Participant Signature \_\_\_\_\_

If under 18 years old, signature of parent or guardian \_\_\_\_\_

**Make \$15 checks payable to:** YS Girls Running **Mail to:** Karen Crist, 1219 Livermore Street, Yellow Springs, OH 45387  
**Questions:** [simplywomen5k@gmail.com](mailto:simplywomen5k@gmail.com) or (937) 767-7607