



DAYTON BAR ASSOCIATION'S YOUNG LAWYERS DIVISION
5K RUN/WALK RACE TO BENEFIT CARE HOUSE

In cooperation with Five Rivers
MetroParks and the Great Miami
River Recreational Trail



Join us Friday, June 11, 2010 at 7:00 p.m. for the fourth annual 5K Run/Walk to benefit CARE House, our community's advocacy center for child victims of abuse and neglect.

Course: Course begins and ends at Brixx Ice Company, located at 500 E. First Street, and winds along the Great Miami River.

Run Divisions: 14/under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-59, 60-64, 65-69 and 70/over.

Walk Divisions: 29/under, 30-39, 40-49, 50-59, 60/over.

Team Competition: 3-person teams will compete for special prizes.

Awards: Top male and female runners and walkers. Age group awards to the top 15% of each run/walk division and all teams (based on pre-registration). The awards will be presented immediately following the race/walk.

Post-Race Party: After the race/walk, enjoy the "Refueling Station" with food and drink, as well as the awards ceremony with live entertainment at Brixx. All participants will receive one free beer ticket compliments of Brixx.

Stuffed Animals: In an effort to help CARE House provide stuffed animals to child victims, participants are encouraged to bring a new stuffed animal of any size on race day.

Pre-Registration: \$20 (includes t-shirt and party), postmarked by June 4, 2010, or **online** through June 10, 2010 at **RunningTime.net**.

Late Registration: \$25 (includes t-shirt while supplies last and party). **Team Registration:** \$55 (includes 3 t-shirts and party).

Race-Day Registration and Number Pickup: Beginning at 5:30 p.m. at Brixx.

Directions: From I-75 take the First Street exit. Follow First Street east approximately one mile. Brixx is located on the right side of the street across from the baseball stadium. Free parking is available.

Contact Greg McCormick at (513) 652-6225

For complete information, course map, directions, on-line registration and results, visit:

www.RunningTime.net

5 FOR THE KIDS ENTRY FORM

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ @ _____ Phone: _____

Age (as of 6/11/10): _____ Sex: **M F** Race: **Run Walk** T-Shirt: **S M L XL**

Team Name (optional): _____ (3 members per team - submit entries together)

This waiver must be signed: In consideration of the acceptance of my entry, I hereby waive on behalf of my heirs, executors and assigns, all claims of any nature arising from my participation in the Dayton Bar Association's "5 for the Kids" run and do hereby release the Dayton Bar Association, Brixx Ice Company, Five Rivers MetroParks, Greg McCormick, USATF and all sponsors, workers, officials and volunteers from any claim whatsoever arising from my participation in this event. I agree to abide by all the rules for participation and acknowledge that the Race Committee may refuse or return my entry at its discretion. I understand the risks for such a run and have trained adequately in preparation. I have noted any relevant medical conditions on this form.

Relevant medical conditions _____

Signature _____ Date _____

Parent's signature (for entrants under age 18) _____ Date _____

In case of medical emergency, contact: _____ Phone (____) _____ or put "at race"

Make Checks Payable To: 5 for the Kids

Mail to: c/o Greg McCormick, 10119 Crosier Lane, Cincinnati, OH 45242

