

STRIDE & RIDE FOR RESEARCH,
FOR A CURE, FOR HOPE

Thank YOU

Registration 5K Fun Run/Walk:

7:30-8:45 AM

Voice of America Park, West Chester Ohio

5K Run/Walk: 9:00 AM

AWARDS CEREMONY: 10:15 AM

Refreshments, music, activities and more!

DID YOU KNOW: Your team can designate where it wants the funds raised to go (research, Summer Camp, etc).

For more information about the Muscular Dystrophy Association of Greater Cincinnati, please visit our **website at www.mda.org**

"To succeed in your mission, you must have a single-handed devotion to your goal." -Abdul Kalam

MDA HAS **TOOLS** FOR YOU!

- * Sample letters to send to donors
- * Company matching information
- * Stride & Ride Walk posters
- * Online fundraising

For more information or materials contact your local MDA office:

Cincinnati, Ohio
1080 Nimitzview Dr. #208
Cincinnati, Ohio 45230
513-231-2222 phone
513-231-2233 fax

MDA
Helping Jerry's Kids

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HOPE HELP FOR TODAY,
FOR TOMORROW.

for **sharing our mission** and helping to make the Cincinnati Stride & Ride Walk and 5K Fun Run a record-breaking YEAR!

...to all of our sponsors! It is because of your charitable under-writings that this walk reaches the level of success that it does every year.

...to the great people who make the event spectacular by providing food, drinks, entertainment and fun.

...to all the volunteers who donate time and enthusiasm each year. Your dedication ensures this event runs smoothly.

...to all the Stride & Ride participants for your involvement and fundraising efforts.

The **Muscular Dystrophy Association** is the world's leading voluntary health organization fighting more than 40 muscle-wasting diseases including Lou Gehrig's Disease (ALS). There are thousands of people of all ages affected by a neuromuscular disease, right here in our community.

Funds raised through MDA special events help provide expert medical care at MDA clinics, MDA summer camps for youngsters, repair and purchase of wheelchairs and other equipment, and many more services. **MDA also funds hundreds of top scientists worldwide seeking treatments and cures.**

Through MDA Stride & Ride your fundraising efforts provide groundbreaking research that will help find a cure for neuromuscular disease.

MDA funds research for a cure...

**EVERY MISSION
IS POSSIBLE!**



MISSION: POSSIBLE



**2009 STRIDE & RIDE WALK
& 5K RUN**

SATURDAY MAY 30, 2009

9:00 AM

**VOICE OF AMERICA PARK
WEST CHESTER, OHIO**

Thank you to our Title Sponsor:



Walk with us!

You can make strides to find a cure!
Form a family/corporate walk team!

STEP 1: Put together a group of your co workers, friends, family members, etc., and form, or join, a Stride & Ride Walk team! MDA staff will coach you and your team every step of the way and help you in your efforts to be a success! If you have not yet **signed up or joined** a team to be a part of this event, you can do so by mailing your registration form back to MDA.

Build or Join a Team

STEP 2: Raise Pledges

Your fundraising dollars are vital to the MDA research effort. Set a goal for your team and ask everyone to help. Online fundraising is simple—send an email to everyone you know and ask for their assistance. You can sign up your team or join a team online at:

<https://www.joinmda.org/cincystride2009>

- Set your team goal at \$1,000 minimum
- Invite 10 people to join your team and raise \$100
- Those 10 people ask 10 people for \$10

STEP 3: Celebrate at the walk!

You've worked hard, now it's time to have fun! Celebrate your team's efforts with the Victory Lap, enjoy the party at the walk as we **stride and ride closer to a cure!**



Imagine the possibilities when we all work towards **ONE MISSION.**

WE ARE WORKING TOWARDS A CURE,
HELP MAKE OUR MISSION: POSSIBLE

WHAT'S YOUR MISSION? Join the 5K Run & Walk

Day: Saturday May 30th, 2009, 9:00AM Race Time

Location: Voice of America Park, 7850 VOA Park Dr. West Chester, Ohio—**Ronald Regan Lodge at the Lake**

Race Day Registration: 7:30AM-8:45AM

Pre-Registration: By Mail—Detach the registration form, mail with race day entry fee to: Muscular Dystrophy Association

1080 Nimitzview Dr. Suite #208

Cincinnati, Ohio 45230

* Must be postmarked by May 23rd, 2009

Registration forms will also be available at area Chick-Fil-A locations, Muscular Dystrophy Association, Mojo Running and other run store locations.

For more race information, contact Greg McCormick at; (513)-652-6225.

For complete race info, course map, directions, online registration and race results, visit www.RunningTime.net

Online registration is OPEN until May 28th.

Entry Fee: \$15 pre-registration, \$25 with an event t-shirt, \$20 race day, postmark by Friday May 23rd.
\$3.00 Parking Fee per car or \$7.00 Annual Pass.

Early number pick up; Mojo Running, Friday May 29th 4-7pm, 9318 Union Centre Blvd. West Chester

After the Race: Refreshments provided. Join us for children activities, banner making, music and more.

Race Divisions: 18 under, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60/Over

Walk Divisions: 29 Under, 30-39, 40-49, 50-59, 60/Over

Awards: 1st Place Plaques Top Male and Female Runners/Walkers

1st Place Medals in Age Group Divisions

Results available online at:

www.RunningTime.net

Stride & Ride Walk/5K Run Registration Form

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____

Email: _____

Age on May 30: _____ Sex: M F Race: RUN WALK

T-Shirt Size: M L XL XXL (\$10 each)

Payment Type: **Check**— please make payable to Muscular Dystrophy Association and mail to address below **Credit Card**— please complete the following:

Card Type: Visa MasterCard Discover American Express

Name on Card: _____

CC # _____ Expiration Date: _____

Make checks payable to "Muscular Dystrophy Association"

In consideration of Muscular Dystrophy Association, INC. (MDA®) permitting (me)(my child _____, who is under 18) to participate in the above-named event, I hereby, and for (my)(my child's) heirs, executors, administrators, assigns, and all legal guardians, **WAVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS OF ANY NATURE, FOUNDED IN WHOLE OR IN PART UPON ANY TYPE OF NEGLIGENCE,** that (I)(my child) may have against MDA, its directors, officers, employees, agents, chapters, assignees, licensees, volunteers and cooperating entities, their representatives, heirs, executors, administrators, successors, and assigns (the "Released Parties") arising out of or resulting from any and all injuries or damages of any nature, including death, which (I)(my child) may suffer while taking part in the event or any activities connected with the event. I UNDERSTAND THAT THIS MEANS THAT I AGREE NOT TO SUE any or all of the Released Parties in connection with the event.

Consent also is hereby given to use (my)(my child's) name, picture, portrait, likeness, writing or biographical information (including, if applicable, neuromuscular disease diagnosis), and audiotape and/or videotape recordings and sound or silent motion pictures of (me)(my child) in any media for editorial, educational, promotional, and advertising purposes, for the solicitation of contributions, and for any other purpose in furtherance of the corporate purposes and objectives of MDA.

By signing this document, I certify that I have read this document and fully understand it, and that I am not relying on any statements or representations of any Released Party. This document shall be binding upon me, (my)(my child's) heirs, executors, administrators, assigns, and all legal guardians (of my child).

Signature of Participant

I affirm that I am the parent/legal guardian of _____ and that I have full

authority to authorize his/her participating in the above-referenced MDA event.

Signature of Parent or Legal Guardian If Participant is Under 18 Date _____