



**Scottie Dog 5K Run/Walk
for Pain Awareness
Sunday, Sept 11, 2011 9:00 am
Sawyer Point, Cincinnati Riverfront
(This is NOT a race with your dog)**

Join us on Sunday, Sept. 11, 2011 at 9:00 a.m. at Sawyer Point for a 5K Run/Walk to raise awareness about chronic pain and new non-surgical treatments available. All proceeds benefit the Brown County Hospital Scottie Dog Foundation.

Why Scottie Dog? The Scottie Dog is our mascot and is used in the medical community to represent the spine silhouette under x-ray.

This is not a race with your dog. However, your friendly dog is welcome to join you.

Course: 3.1 mile run to begins and ends at Sawyer point Park along the Cincinnati Riverfront.

Run Divisions: 15/under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 and 60/over.

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

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). Awards presented immediately following the race/walk.

Free Kids Fun Run: After the 5K. Free to kids 9 and under. T-shirts are extra.

Post-Race: Refreshments, Free Kids Fun Run, **Live Music by Velvet Soul**, Awards Ceremony and Door Prizes following race.

Pre-Registration: \$20 without T-shirt. \$25 with T-shirt. Mail-in Registrations must be postmarked by Tuesday, Sept. 6, 2011

Online-registration: \$20 without T-shirt. \$25 with T-shirt. Online Registration is available through Thursday, Sept. 8, 2011

Late/Race-Day Registration: \$20 without T-shirt. T-shirts are available for an additional \$5 while supplies last.

Race-Day Registration/Number Pickup: begins at 7:30 a.m. at the Sawyer Point.

Sawyer Point Park: Located on the Cincinnati Riverfront just East of Great American Ballpark and US Bank Arena.

**For race information, contact Greg McCormick (513) 652-6225
For complete information, course map, directions, on-line
registration and results, visit:**

www.RunningTime.net

SCOTTIE DOG 5K RUN/WALK ENTRY FORM

Name: _____

Address: _____ City: _____ State: _____ Zip _____

Email: _____@_____ Phone: _____

Age (as of 9/11/2011): _____ Sex: **M F** Race: **Run Walk** T-Shirt: **S M L XL**

Waiver: In consideration of the acceptance of my entry, I hereby waive, discharge and release on behalf of myself, my heirs, executors, assigns, and any party claiming by or through me, all claims of any nature whether to person or to property, known or unknown, including but not limited to damages, demands, actions, suits, whatsoever in any manner, arising from my participation in this event, and do hereby specifically release the Scottie Dog Run/Walk coordinators, staff, sponsors, Running Time LLC, workers, officials, and volunteers from any and all claims whatsoever arising from my participation in this event. I agree to abide by all the rules for participation, and acknowledge that I am physically fit and sufficiently trained for such an event and have full knowledge of the risk(s) involved and expressly assume all risk(s) in connection with my participation.

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: BCGC Foundation

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