

STOMP OUT HUNGER 5K



Presented by:

Armstrong Chapel UMC & Vertical Impact Student Ministries, Michelle Heatherton,
Brookstone Homes and Shuttle Systems

When: October 2, 2010

Course begins and ends at Armstrong Chapel UMC

5125 Drake Road, Indian Hill, Ohio

Registration begins at 8:00 a.m. Race begins at 9:00 a.m.

Kids Fun Run: **FREE**- held following the 5K race-Age 10 and under

All checks made payable to Inter Parish Ministry

<p>Before 10/2 \$25 race & t-shirt; \$15 race only</p> <p>Day of Race \$30 race & t-shirt; \$20 race only</p>	<p>Divisions:</p> <ul style="list-style-type: none">• Male & female runners: 10 & under, 11-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+• Male & female walkers: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+• Participation ribbon for kids' fun run held following the 5K• Prize to the Top IPM Church Youth Team• Medal for Top Overall Male and Female Runner
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ALL PROFITS GO DIRECTLY TO INTER PARISH MINISTRY FOOD AND CLOTHING PANTRIES
REFRESHMENTS WILL BE PROVIDED AFTER THE RACE

Register online at www.runningtime.net

Please detach and mail/drop off registration form to:

IPM 5K Race 3509 Debolt Rd Cincinnati, OH 45244-3419

All checks made payable to Inter Parish Ministry

First name _____ Last _____

Street _____ City _____ State _____ Zip Code _____

E-Mail: _____ Phone: _____

Age day of race _____ (Please Circle) Run or Walk Sex: M F T-shirt size: S M L XL

Church Youth Team _____

I know that running or otherwise participating in a road race is a potentially hazardous activity which would cause injury or death. I understand that I should not enter or participate in these events unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with participating in these events, including but not limited to: falls, contact with other participants, effects of weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, and roller-blades/skates are not allowed in this event and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my registration, I, for myself and anyone entitled to act on my behalf, waive and release the organizers, Inter Parish Ministry, Armstrong Chapel, and their sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of these events for any legitimate purpose.

Signature _____ Date _____

Parent/Guardian (if entrant under 18 years) _____