

St. Joseph Home of Cincinnati

12th Annual 5K "Incline to the Finish Line"

April 25, 2009

Registration Begins at 8:00a.m.
Runners Step Off at 9:00 a.m

Three Ways To Register:

BY MAIL:

St. Joseph Home 5K
P.O. Box 54424
Cincinnati, Ohio 45254

ONLINE:

www.racedmc.com

ON RACE DAY @ ST. JOSEPH HOME

QUESTIONS? CALL:

513-563-2520 x 127

ST. JOSEPH HOME IS LOCATED AT 10722 WYSCARVER ROAD AND IS HOME TO 48 CHILDREN AND ADULTS WITH SEVERE/PROFOUND MENTAL AND PHYSICAL DISABILITIES. THE 5K RACE HELPS PROVIDE SPECIAL CARE FOR OUR KIDS BEYOND THE LOVE AND AFFECTION THEY RECEIVE EVERY DAY. THE FUNDS ARE USED FOR SPECIAL ADAPTIVE EQUIPMENT, ACTIVITIES, STIMULATING FIELD TRIPS AND SO MUCH MORE.

The Course:

Beginning and ending at St. Joseph Home, the course winds through the hills of Evendale & Sharonville. The route is a gradual descent South on Wycarver, West on Glendale-Milford, North on Reading, the up a brief steep incline on Wycarver to the Home's driveway and around the right to Seton Hall. The course is challenging and embraces the area's hills as part of the route. Most runners and walkers view this USATF certified course as an endurance or stamina building run rather than a speed focused course.

Medical Condition(s):

Please Circle One:

Runner

Walker

Run Weight 200-219 Male

Run Weight 220+ Male

Run Weight 160+ Female

Waiver: In consideration of the acceptance of my entry, I do hereby waive on behalf of my heirs, executors and assigns, all claims of any nature arising from my participation in the St. Joseph Home 5K. I do hereby release St. Joseph Home of Cincinnati, Don Conolly, Inc. and all donors, workers, officials and volunteers from any claim or liability arising from my participation in this race. I understand the risks of my participation, and acknowledge that the race committee may refuse or return my entry at its discretion. I understand the risks of such a run, and have trained adequately in preparation. I have noted any medical condition that may be a factor in my participation of the 5K Incline to the Finish Line for St. Joseph Home on April 25, 2009.

Early Registration

Registrations must be entered online or postmarked by April 23
T-Shirts are guaranteed only to those who register for them by April 17th

\$ 20 = Entry Fee + T-Shirt \$ _____

\$ 15 = Entry Fee \$ _____

Race Day Registration

\$ 20 = Entry Fee \$ _____

Limited number of T-Shirts available for sale race day.

Additional Contribution (optional) \$ _____

Total \$ _____

T-Shirt Size	S	M	L	XL	XXL
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Name _____

Street Address _____

City _____ State _____ Zip _____

Daytime Phone _____ Evening Phone _____

Age On Race Day _____ Gender _____

Email _____

SIGNATURE

PARENT OR GUARDIAN SIGNATURE (if under age 18)

For the safety of all participants, inline skates, scooters and pets are not permitted on any part of the route during this event. Thank you for your cooperation.