



FOREST HILLS 5K (FH5K)



FOREST HILLS FOUNDATION
FOR EDUCATION

Saturday, May 22, 2010 at 8:30 a.m.

Presenting sponsor: Mercy Hospital, Anderson and the Mercy HealthPlex

Gold Sponsor: Wellington Orthopedics

The Forest Hills School District and The Forest Hills Foundation for Education www.FHFE.org are pleased to introduce the First Annual Forest Hills 5K run/walk.

<p>COURSE: Certified 5K (3.1 mile) course beginning at Nagel Middle School. .</p>	<p>5K Fitness Walkers. Fitness walkers must walk the entire distance, if you anticipate running any part of the event you must register as a runner Awards: top 3 males and females over all</p>
<p>PRE-REGISTRATION: Mail-in entries must be postmarked by Friday, May 14th, 2010 and a form must be completed for each participant. Online registration will be open until May 19, 2010, 11:59 p.m. at www.foresthills5k.com.</p>	<p>Strollers and Individuals with Disabilities Awards: Top 3 male and female over all</p>
<p>RACE DAY REGISTRATION: Opens at 7:00 a.m. at Nagel Middle School, Activity Lobby, 1500 Nagel Road, Add \$5 to each category: \$20 - adult, \$17 - Children, \$15 - each additional child</p>	<p>PACKET PICK-UP: Pick-up your race number and race information on Thursday, May 20th and Friday, May 21st at Nagel Middle School from 4-7 p.m. in the Nagel Activity Area Lobby</p>
<p>ENTRY FEES (All Categories) pre-registration only \$15 Pre-registration adults or (includes shirt!) \$12 Pre-registration children (18 and under, includes shirt!)</p>	<p>Results Official race results will be posted online at www.racedmc.com</p>
<p>5K RUN CATEGORIES: Male & Female: 8/under, 9&10, 11&12, 13&14, 15&16, 17&18, 19&20, 21-25, 26-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69,70/over, Award: Top 3 male and females in each age group</p>	<p>SCHEDULE OF EVENTS: 8:30 a.m. 5K run/Walk 10:00 a.m. Future Forest Hill-ers 100 yard dash for 6/under 10:15 a.m. Mascot Challenge: show your spirit 9:00 a.m. to Noon: Family Festival: DJ, band, food and fun activities for all</p>

For More Information: www.foresthills5k.com, Beth Davis: bdavis35@cinci.rr.com, Jenny Nayak: nayakfamily@cinci.rr.com

FOREST HILLS 5K OFFICIAL ENTRY FORM

Name: _____
 Address: _____
 City: _____ State: _____ ZIP: _____ PHONE: _____
 E-mail: _____ Gender: Male Female
 Age as of 5/22/10: _____

Make Check payable to:
FHFE
 And send to:
 FH5K
 PO Box 54424
 Cincinnati, OH 45254-0424

<p>Category <input type="checkbox"/> 5K run <input type="checkbox"/> 5K Fitness walk <input type="checkbox"/> Stroller <input type="checkbox"/> Individual with Disability <input type="checkbox"/> Flying Piglet program participant Pre-registration Entry Fee: <input type="checkbox"/> \$15: Adults, w/shirt <input type="checkbox"/> \$12: Children (18 yrs and younger), w/shirt Circle T-shirt size: YS, YM, YL, S, M, L, XL, XXL Circle school attending: An, Ay, Mer, Mad, Sher, Sum, W, T</p>	<p>Waiver/Release: Inconsideration of the acceptance of my entry, I hereby waive, discharge and release on behalf of myself, my heirs, executors and assigns, all claims of any nature arising from my participation in the FH5K, and do hereby release the volunteers from any claim whatsoever arising from my participation, and acknowledge that FH5K may refuse or return my entry at its discretion. I understand the risks involved in such a run/walk, and that I am physically fit and have trained adequately in preparation. I also give my permission to Nutrition Council to use any photographs, video or other recordings of me that are made during the course of this event</p> <p>Signature of Entrant _____ Date _____ Signature of parent or guardian (if under age of 18) _____ Date _____ Emergency Contact _____ Phone _____</p>
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