



# Sweetheart 5K to benefit Nellasplace



**Date: Saturday, April 6, 2013 9:00am**

**Cause:** Benefits Nellasplace, a group home for girls, 2648 Melrose Ave Cincinnati, Ohio 45216. More information on the home can be obtained at [www.nellasplace.org](http://www.nellasplace.org)

**Course:** Race starts at Glenwood Gardens and the first 100 participants will receive FREE parking. [Glenwood Gardens](#) is part of the [Hamilton County Park District](#) and is located at 10397 Springfield Pike Cincinnati, OH 45215. It is behind the Kroger store in Woodlawn near Glendale-Milford Road and Springfield Pike.

**Awards:** Overall winner's male and female runners - \$100.00 gift card to Fleet Feet Running Store. Overall winners male and female walkers - \$50 gift card to Fleet Feet Running Store. Additional gift cards for 2nd and 3rd place overall runners and age category winners.

**Registration:** Pre-registration is available by mailing your entry form and fee, postmarked by Friday March 29, 2013 or online at [www.sprunning.com](http://www.sprunning.com) by Tuesday, April 1, 2013. Pre-registration fees for the 5K are \$20.00 and include a shirt.

In-person registration at Fleet Feet during packet pick-up (includes shirt while supplies last).

Race Day Registration starts at 7:30 a.m. in the Park parking lot. Race Day registration fees are: \$25.00 for the 5K (includes shirt while supplies last).

**Packet Pick-Up:** Fleet Feet 9525 Kenwood Rd Cincinnati, OH 45242 (513) 793-8383  
April 4<sup>th</sup> 12:00pm -3:00pm April 5<sup>th</sup> 1:00pm -6:00pm

**Runner Divisions:** 14 & under | 15-19 | 20-24 | 25-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60 +

**Walker Divisions:** 29 & under | 30-39 | 40-49 | 50-59 | 60 +

**Post Race:** Free Kid's fun run (10 & under) located on the grounds of Glenwood Gardens. Refreshment door prizes for participants, (must be present to win) after the race. Awards will be given to winners.

**Questions:** Call Janelle at 513-436-0118

First Name: \_\_\_\_\_ Last Name \_\_\_\_\_

Gender: \_\_\_ M \_\_\_ F Age (on race day): \_\_\_\_\_ Division: \_\_\_ 5KRun \_\_\_ 5KWalk

Shirt Size: S M L XL XXL child S M L Email: \_\_\_\_\_

Address: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Waiver:** In consideration of the acceptance of my entry, I hereby waive on behalf of myself, my heirs, executors, and assigns, any and all claims of any nature arising from or due to my participation in the Sweetheart 5K Family Fun Run. I also hereby release Glenwood Gardens, Hamilton County, Janelle Hocker Steve Prescott, all sponsors, workers, officials, and volunteers from any and all claims arising from or due to my participation in this event. I agree to follow all the rules of participation and acknowledge that the race committee may refuse or return my entry at its discretion. I understand the risks for such a run or walk, and have trained and prepared adequately in preparation for this event. I HAVE NOTED ANY MEDICAL CONDITION ON THE REVERSE SIDE OF THIS FORM. I permit the use of my name and picture participation in this event for publicity, for no additional consideration. I also understand that entry fees are non-refundable.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parents Signature (if under 18) \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone Number: \_\_\_\_\_

**Mail this form and check by Friday, March 29, 2013 to: Step Higher P.O. Box 2306 Covington, Kentucky 41012  
Make check payable to: Step Higher Inc.**