



**1<sup>st</sup> ANNUAL MOTHER'S DAY  
5K RUN & WALK**

WOODSIDE CEMETERY AND ARBORETUM, MIDDLETOWN, OH  
SUNDAY, MAY 9, 2010 – 8:30 AM

Proceeds benefit Middletown Hospice Care.

**LOCATION:** Fairly flat course on paved trails through beautiful historic cemetery and arboretum (over 100 years old). For safety reasons, please do not bring pets. (Strollers are permitted if starting behind runners and faster walkers).

**Directions to Woodside Cemetery:** 1401 Woodside Blvd, Middletown located at intersection of State Rt. 4 and 14<sup>th</sup> Ave., approx. 3 miles north of SR63 west, I75 exit #29, or less than 1 mile south of downtown Middletown on Rt. 4. (Access from Middletown exit #32, SR122.)

**ENTRY FEES:** Pre-Registered (by April 24<sup>th</sup> for shirt, May 1<sup>st</sup> w/o shirt): \$17.00 includes t-shirt, \$12 without shirt. **Race Day:** \$20.00 with a shirt as long as supplies last, \$15 without shirt. Goody bags to first 100 registered. Check-in and race day registration begin at 7:30 AM. Results will be posted on our website, [www.hospicecareofmiddletown.com](http://www.hospicecareofmiddletown.com)

**ONLINE REGISTRATION:** [www.runwalkjog.com](http://www.runwalkjog.com) (pay with credit card - small transaction fee.)

**OR MAIL ENTRIES TO:** Hospice Care of Middletown, 1131 Manchester Rd., Middletown, OH 45042

**CONTACT:** Elaine Garver (513)424-2273

**AWARDS RUNNERS:** Overall Male/Female, Top 3 Male/Female in age groups 12 and under, 13-19, 20-24, through 70-75, then 75+  
**WALKERS:** Top 3 each male and female. **Special gift for mothers walking or running with their sons or daughters – note below.**

**POST-RACE:** Refreshments and door prizes (4 person golf outing, gift certificates, etc. - must be present to win).

Register online at [www.runwalkjog.com](http://www.runwalkjog.com) or mail entry to: Hospice Care of Middletown, 1131 Manchester Rd., Middletown, OH 45042

Please note if you are walking or running in memory of a special person: \_\_\_\_\_

Are you a mother walking or running with a son or daughter (name sons/daughters here): \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name \_\_\_\_\_ Sex (M/F) \_\_\_\_\_ Age on 5-10-10 \_\_\_\_\_ Run \_\_\_\_\_ Walk \_\_\_\_\_

Address: Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone # \_\_\_\_\_ Email address \_\_\_\_\_

Date of Birth (mm/dd/yyyy) \_\_\_\_\_ Optional Shirt (if purchased) XS \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

**Waiver of Liability:** I, intending to be legally bound, for myself, my heirs, next of kin, executors, and administrators, voluntarily assume all risks of accident or injury and release and forever discharge, indemnify and hold harmless Hospice Care of Middletown, Woodside Cemetery, the City of Middletown, officers, sponsors, and agents (collectively the "Released Parties"), from any and all liability for personal injury or property damage of any kind sustained during the Hospice 2010 5k run & walk, whether such personal injury or property damage is caused by the gross negligence or carelessness of the Released Parties. I have full knowledge of the risks involved and attest that I am physically fit and sufficiently trained to participate in the Athletic Event. I grant permission to all foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legal purpose.

**Please: NO ROLLERBLADES, SKATES, DOGS, OR HEADPHONES – IF WALKING WITH BABY STROLLERS, PLEASE START IN BACK.**

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

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

(Parent's signature is required if participant is under 18 years of age)

Register online at [www.runwalkjog.com](http://www.runwalkjog.com), or send check to: Hospice Care of Middletown, 1131 Manchester Rd., Middletown, OH 45042

**Note: Shirt sizes are not guaranteed. Shirts will be distributed on a first-come, first-served basis.**