



Media Sponsor



# 2<sup>nd</sup> Annual Parkinson's 5K Steady Strides Run & Walk

Sunday, June 6, 2010 ♦ 9:00 am

West Chester, OH ♦ Start and Finish @ Lakota West H.S. Stadium

### New in 2010

- ★ Create your own TEAM of family and friends
- ★ "Little Strides" Kids Fun Run (up to age 10)
- ★ New location: Lakota West HS/Union Ctr Blvd

**COURSE:** 5K (3.1 miles) distance, beginning and ending at the Lakota West High School stadium, through Union Centre Blvd area (free parking at Lakota West HS). **NOTE: Walkers may walk all or just a portion of the course.**

### REGISTRATION

♦ **ONLINE** available thru 11:59pm, Wed., June 2, at [www.Active.com](http://www.Active.com) • keyword: parkinson  
Create a team and/or a fundraising page on Active.com at the time of registration!

♦ **BY MAIL:** Send form w/check payable to Tri-State Parkinson's, 4 Triangle Park Dr, Suite 404, Cincinnati, OH 45246. **Information and registration by phone** at 513-948-1100 or toll-free 877-489-1110. **Or visit Mojo Running** at 9318 Union Centre Blvd, West Chester, OH 45069. **Race-day registration** at Lakota West H.S. beginning at 7:45am.

**Benefiting**



Tri-State  
Parkinson's Wellness  
Chapter

**ENTRY FEE:** \$20.00 (\$10 for Kids Fun Run), includes T-shirt to those whose registration is received by Wed., May 26. T-shirts will be sold at the event, while supplies last. For family or multiple registrations, please complete a form for each participant.

**CATEGORIES, AWARDS, RESULTS:** Awards to the top male and female racer, and to the top 3 male and female finishers by category: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+. Results will be posted at [sprunning.com](http://sprunning.com)

**PACKET PICK-UP** at the Mojo Running store, 9318 Union Centre Blvd, West Chester, OH 45069. Phone 513-942-5005. Packets can be picked up on Fri, June 4, from 4 to 7pm and Sat, June 5, 10am to 4pm.

**QUESTIONS?** Email to: [info@parkinsonswellness.org](mailto:info@parkinsonswellness.org) or call 513-948-1100 or toll-free 877-489-1110

### Race-Day Schedule

8:00am - Event check-in, race-day registration

10:00am - "Little Strides" Kids Fun Run

9:00am - 5K Run & Walk

10:30am - Post Party and Awards



*Each participant must register separately*



I'm registering as a:  Runner (\$20)  Walker (\$20)  Little Strides Kids Runner (\$10) Team name? \_\_\_\_\_

Sex: M F Age (as of 6/5/10): \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Email \_\_\_\_\_

T-Shirt size (included in pre-May 26 registration):

Men's → M L XL XXL

Women's → S M L XL

Youth → M L

I am unable to participate but would like to make a donation of \$ \_\_\_\_\_

**Waiver Statement:** In consideration of Registration, I, the undersigned, assume full and complete responsibility for any injury or any accident which may occur during the event or while I am on the premises of the event. I hereby release and hold harmless the sponsors, promoters, and all other persons and entities associated with the event. I assume the risk associated with this event including but not limited to falls, contact with other participants, the effects of weather, the conditions of the road, etc., such risk being known and understood by me. Fees are not refundable. I attest that I am physically fit and sufficiently trained to participate in this event. I have read the foregoing and certify my agreement by this signature or my parents or guardian.

**Participant signature (or parent signature for participant under age 18):** \_\_\_\_\_