



FOREST HILLS FOUNDATION
FOR EDUCATION

Saturday, May 21, 2011 at 8:30 a.m.

Presenting Partner: **Mercy Hospital, Anderson**

High School Level Partner: **Wellington Orthopedics**

Middle School Level Partner: **David Costa, General Contracting**

Festival Partner: **Mount Washington Care Center**

Volunteer Partner: **M.E. Lyons YMCA**

The Forest Hills Foundation for Education www.FHFE.org
is pleased to present the Second Annual Forest Hills 5K run/walk.

COURSE:

Certified 5K (3.1 mile) course beginning at Nagel Middle School

PRE-REGISTRATION:

Online registration will be open until May 17, 2011, 11:59 p.m. at www.foresthills5k.com
Mail-in entries must be postmarked by Friday, May 13th, 2011 and a form must be completed for each participant.

ENTRY FEES: (All Categories) Pre-registration only

\$20 Pre-registration adults (includes shirt!)
\$15 Pre-registration children (18 and under, includes shirt!)
\$15 Pre-registration alumni (includes shirt!)

RACE DAY REGISTRATION:

Opens at 7:00 a.m. at Nagel Middle School, Activity Lobby, 1500 Nagel Road,
Add \$5 to each category:
\$25 - adult, \$20 - Children, \$20 - Alumni

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

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 overall

STROLLERS AND INDIVIDUALS WITH DISABILITIES:

Awards: Top 3 male and female overall

PACKET PICK-UP AND LATE REGISTRATION:

Pick-up your race number and race information on Thursday, May 19th and Friday, May 20th at Nagel Middle School from 4-7 p.m. in the Nagel Activity Area Lobby. Late registration will take place during the same hours as packet pick up.

Cost will be \$25: adults, \$20: children 18 and under, \$20: Alumni

RESULTS:

Official race results will be posted online at www.racedmc.com

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

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 5/21/11: _____

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

Category

- 5K Run
- 5K Fitness walk
- Stroller
- Individual with disability

Pre-registration Entry Fee:

- \$20: Adults, w/shirt
- \$15: Children (18 yrs and younger), w/shirt
- \$15: Alumni, w/shirt
- Elementary School running club participant

Please include the club code _____

Circle T-shirt size: YS, YM, YL, S, M, L, XL, XXL

Circle school attending: An, Ay, Mer, Mad, N, Sher, Sum, W, T

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 and Don Connolly Inc., 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 FHFE to use any photographs, video or other recordings of me that are made during the course of this event

Signature of Entrant Date

Signature of Parent or Guardian (if under age of 18) Date

Emergency Contact Phone