



Healthy Families 5K Run/Walk

April 14, 2018

-9th Annual-

Spring Has Sprung Healthy Families 5K Run/Walk

Saturday, April 14, 2018, 9:00am Xenia YMCA, 135 E. Church St., Xenia, OH

Register Online

With a credit card until midnight, April 13, at www.speedy-feet.com

All ages..... \$15 Registration fees are non-refundable

Register by Mail

Send form and check/money order by April 6

All ages..... \$15 Checks/Money Orders payable to: Greene County Public Health. Registration fees are non-refundable

Race Day Registration

Begins at 7:30am on April 14

All ages..... \$20

T-Shirts

An event shirt is guaranteed to registrants if registration and payment is received by April 6. If registering after April 6, including the day of the event, a shirt will be included with your fee while supplies last. Extra shirts will be available for sale while supplies last.

Race Day Events

- 7:30am Registration tables open inside the gym
8:30am Zumba® Warm Up
8:45am Wee One Run (ages 5 and younger) FREE!
9:00am 5K Run/Walk begins outside on Collier Street
10:00am Awards ceremony and Resource Fair, free refreshments, door prizes, health fair, and more

Race Packet Pick-Up

Apr. 13 Pre-registered participants may pick up their race packet and shirt at Greene County Public Health, 360 Wilson Drive, Xenia from 8:00am—4:00pm.

Race Day Race packets, chip timers and shirts may be picked up on race day at the registration tables beginning at 7:30am.

Race Information

Course Beginning and ending at the YMCA, this 5K scenic course winds through a quiet neighborhood with no water stop. Visit www.speedy-feet.com for a course map.

Rules Pets allowed on-leash only. Strollers welcome. Obey all instructions from race and public safety officials. Chip timers MUST be returned at the finish line to prevent incurring a replacement fee.

Awards

1st-3rd place medals will be awarded to the top three finishers, both male and female, in each age of eight age brackets, and ALL participants will receive a ribbon!



Registration form fields: First & Last Name, Address, City, State, Zip, Phone Number, Email Address, Unisex Shirt size, Age brackets.

\*REGISTRATION FEES (non-refundable)

\$15 per person, on or before April 6
\$20 per person after April 6 & on Race day
SPECIAL DISCOUNT FOR GROUPS/TEAMS OF 6+ \$12 per person

RELEASE OF LIABILITY - READ BEFORE SIGNING. In consideration of being allowed to participate in any way in Greene County Public Health's SHSSK, its related events and activities, I, the undersigned, acknowledge, appreciate and agree that: 1. the risk of injury from the activities involved in this program is significant...

Print Name and Signature lines for registration.

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my child and our heirs, assigns and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

Print Name and Signature lines for minority age registration.



9th Annual Spring Has Sprung logo and event details: Healthy Families 5K Run/Walk, April 14, 2018.

Make Checks Payable & Send to: Greene County Public Health, Spring Has Sprung 5K, 360 Wilson Drive, Xenia, OH 45385



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