

# 5K for 10K Run/Walk



**Saturday April 10, 2010 @ 9:00 am**

**Beautiful Glenwood Gardens**

**Directions 10623 Springfield Pike, nr Krogers, Woodlawn, Ohio**

**\$15 registration fee (includes t-shirt)**

**Register at race or Pre-Register at 513.821.3233**

**Proceeds benefit  
Valley Interfaith**



420 W. Wyoming Avenue,  
Cincinnati, OH 45215  
Ph: 513.821.3233,  
Fax: 513.821.3236

**Mail form & entry fee to:**

**Valley Interfaith (VIFCC)**

420 W. Wyoming Ave.

Cinti., OH 45215

PH: (513) 821-3233; Fax: (513)821-3234

or **register online** [www.vifcc.org/walk](http://www.vifcc.org/walk)

Name: \_\_\_\_\_

Address \_\_\_\_\_

Phone: \_\_\_\_\_

Registration Fee: \$15 (non-refundable)

T-Shirt Size:    S        M        L        XL

(T-Shirts available while supplies last)

**Waiver:** In consideration of the acceptance of my registration fees and for being permitted to participate in this event, I hereby release, waive and discharge, on my own behalf of my heirs, executors, and assigns, Valley Interfaith Food & Clothing Center (VIFCC), its employees, volunteers, officials, sponsors or affiliated individuals, from any and all claims of any nature, including personal injury, arising from my participation in this event, I also hereby agree to abide by all rules for participation. I further consent to emergency treatment in the event of an injury or illness. I acknowledge that it is my responsibility to consult my physician prior to beginning an exercise program or otherwise engaging in strenuous physical exercise, I also understand the risks of such a run/walk and I am physically able and have trained adequately in preparation.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent or Guardian Signature (if under 18 years)

\_\_\_\_\_

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

I plan to walk/run 5K for **Valley Interfaith Food & Clothing Center.**

Dear Potential Sponsor,

I am participating in the 5K for 10K Walk/Run. All proceeds will *"Help our Neighbors in Need"* with food, clothing, financial assistance and other necessary services. You can sponsor me for an amount per kilometer or you can name a maximum amount that you are willing to contribute. After the walk, I will return to collect your contribution. Please make checks payable to **Valley Interfaith** or **VIFCC**. All contributions are tax-deductible.

Thank you!

	Name of Sponsor	Pledge per Kilometer (Example: \$1.00)	Maximum Pledge	Amount Collected from Sponsor
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