



**4<sup>th</sup> ANNUAL MOTHER'S DAY  
5K RUN & WALK**

WOODSIDE CEMETERY AND ARBORETUM, MIDDLETOWN, OH  
SUNDAY, MAY 12, 2013 – 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). **Chip timing by Speedy-Feet!!**

**PACKET PICK-UP:** Get your race packet prior to race day at Hospice Care of Middletown, 3909 Central Ave., Middletown, OH 45044, Friday, May 10 from 10a-4p and Saturday, May 11 from 9a-12noon.

**DIRECTIONS:** Woodside Cemetery & Arboretum, 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 or Monroe exit #29, SR63.)

**PARKING:** Parking will be available across Rt.4 at Rosa Parks Elementary School and Barnitz Stadium. Volunteers will be on hand to direct parking.

**ENTRY FEES:** Pre-Registered (by April 28<sup>th</sup> for shirt, May 5<sup>th</sup> w/o shirt): \$18.00 includes t-shirt, \$13 without shirt. Race Day: \$20.00 with a shirt as long as supplies last, \$15 without shirt. Goody bags to first 150 registered. Check-in and race day registration begin at 7:30 AM. Results will be posted on our website, [www.yourhometownhospice.org](http://www.yourhometownhospice.org).

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

**OR MAIL ENTRIES TO:** Hospice Care of Middletown, 3909 Central Avenue, Middletown, OH 45044

**CONTACT FOR ADDITIONAL INFORMATION:** Judy Vincent 513-594-9714

**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:** (if you plan to run any of the course, you must sign up as a runner.) Top 3 each male and female.

**Special gift for mothers walking or running with their sons or daughters – note below.**

**POST-RACE:** Refreshments and **lots of door prizes** (must be present to win).

Memorial signs will be placed along the race route with the names of your loved ones. You may take the sign after the race.

If you'd like a memorial sign, please enter their name(s) \_\_\_\_\_

(In order for us to print the signs, please turn in your registration by April 28.)

If you're a mother walking or running with a son or daughter (name sons/daughters here) \_\_\_\_\_

Your Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Sex (M/F) \_\_\_\_\_ Age on 5-12-13 \_\_\_\_\_ Run \_\_\_\_\_ \* Walk \_\_\_\_\_

\* Note: Walkers must walk entire course. If you plan to run even part of the course, please sign up as a runner.

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 2013 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 [www.runwalkjog.com/hospice](http://www.runwalkjog.com/hospice) or send check to: Hospice Care of Middletown, 3909 Central Ave., Middletown, OH 45044

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