

CAN REGISTER ONLINE WITH SHIRT BY FEBRUARY 3RD, (WITHOUT SHIRT THROUGH FEBRUARY 9TH)



**2011 SWEETHEART SHUFFLE
13th ANNUAL 5K RUN & FITNESS WALK**

**Middletown Area Atrium Branch of the Great Miami Valley YMCA
SUNDAY, FEBRUARY 13, 2011 – 12:00 PM**



LOCATION AND COURSE: Relatively flat course starting and finishing at the Atrium YMCA, two loops around hospital on paved driveways. New for this year: Chip timing and results by Speedy-Feet. Parking adjacent to the Y. Registration and awards in YMCA gym, showers available after the race, and **free Y day passes** for all participants – stay and swim or work out in the new Atrium YMCA facility!

Directions to YMCA: From I75 go East approximately ¼ mi. on St Rt 122. Turn left on Union Road, go past both hospital entrances approximately ½ mile to the YMCA road. Address: 5750 Innovation Drive, Franklin, OH 45005

ENTRY FEES: Pre-Registered (by February 3rd): **\$13.00** includes unique, long-sleeved t-shirt with Valentine theme, **\$8** without shirt. **Race Day: \$15.00** with a shirt as long as supplies last, **\$10** without shirt. Goody bags to first 100 registered. Check-in and race day registration begin at 10:45 AM in the YMCA gym.

ONLINE REGISTRATION: www.runwalkjog.com (pay with credit card, **no additional fees thanks to runwalkjog.com!** Save a stamp!)

MAIL ENTRIES TO: YMCA Sweetheart Shuffle, PO Box 1703, Middletown, OH 45042

Checks payable to YMCA Sweetheart Shuffle – **PLEASE DO NOT LEAVE FORMS AT THE YMCA DESK.**

Results will be posted on our website, <http://sites.google.com/site/middletownstreetstriders>, on www.runwalkjog.com, or www.speedy-feet.com, or fill out an envelope on race day to have results mailed.

CONTACT: Gail Alford – 513-539-6918

Proceeds are used to promote fitness through running and walking, both competitive and recreational, by the YMCA Street Striders Club.

AWARD CATEGORIES (NEW THIS YEAR, CHIP TIMING AND RESULTS BY SPEEDY-FEET)

RUNNERS: Overall Male, Overall Female, Open Male (Top 3), Open Female (Top 3), Male Master (Top 3), Female Master (Top 3), Overall Senior Male (60+) Overall Senior Female (60+) Male/Female Twosome (Top 3), Overall Male Cruiser, Overall Female Cruiser,

WALKERS: Open Male (Top 3), Open Female (Top 3), Male/Female Twosome (Top 3)

WHEELCHAIR/PHYSICALLY CHALLENGED: Overall

Scores for Twosomes will be determined by adding the Male & Female finish card numbers together. No duplication of awards in any of the above categories. Awards from unfilled categories will be distributed in larger ones.

POST-RACE FUN will include refreshments and door prizes (must be present to win). Goody bags guaranteed to first 100.

SNOW DATE: We will tentatively have a snow date of February 20th. Race will be held on the 13th cold weather, rain or shine and will only be cancelled in the event of a weather emergency such as a blizzard or ice storm. Any cancellations will be on our website early morning: <http://sites.google.com/site/middletownstreetstriders>.

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NOTE: SUBMIT TWOSOME ENTRIES TOGETHER! PARTNER'S NAME _____

Last Name First Name Age on 2-13-10 Sex(M/F)

Street Address

City State Zip Code

Telephone Number Date of Birth (mm/dd/yyyy) Email address

Optional Shirt: (add \$5) Size (S, M, L, XL, XXL) ____ *Shirt sizes not guaranteed. Shirts will be distributed on a first-come, first-served basis.*

<p><u>RUNNER</u></p> <p>Open Individual <40 ____ Male ____ Female Master Individual (40+) ____ Male ____ Female Senior (60+) ____ Male ____ Female ____ Male Cruiser (200+ lbs) ____ Female Cruiser (140+ lbs) ____ Male/Female Twosome, any ages.</p>	<p>PLEASE CHECK ONLY ONE CATEGORY IN THIS LIST</p>	<p><u>WALKER</u> <i>(note: if you plan to run any part of the race, register as a runner)</i></p> <p>____ Female Walker ____ Male Walker ____ Male/Female Twosome Walkers</p> <p>WHEELCHAIR ____ Wheelchair or physically challenged</p>
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Register online at www.runwalkjog.com, no extra fees thanks to runwalkjog.com! or send check to:

YMCA Sweetheart Shuffle, PO Box 1703, Middletown, OH 45042

\$13 with shirt, pre-registered by Feb. 3rd, \$8 without shirt. Race day \$15 with shirt while supplies last, \$10 without shirt.

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 the Great Miami Valley YMCA, YMCA Middletown Street Striders, Atrium Medical Center, 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 YMCA Street Striders 2011 Sweetheart Shuffle, 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. **NO BABY STROLLERS, ROLLERBLADES, SKATES, DOGS, OR HEADPHONES.**

Signature _____ Date _____

Signature _____ Date _____

(Parent's signature is required if Sweetheart Shuffle participant is under 18 years of age)

**PLEASE SIGN. NO REGISTRATION WITHOUT SIGNATURE!
FOR SAFETY: NO DOGS, BABY STROLLERS, HEADPHONES, SKATES OR ROLLERBLADES.**