



*2nd Annual*  
**ATRIUM FAMILY YMCA**  
**SPLASH N' DASH**

*500Yd. Swim & 5K Run or 5K Run Only*

Saturday, March 27th, 2010 ~ 9:00 a.m.

Held at Atrium Family YMCA

5750 Innovation Drive, Franklin, OH

*~ Proceeds Benefit The Strong Kids Campaign ~*

**DIVISIONS - Male & Female:** 13/under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70/over.

**REFRESHMENTS:** Available after the race.

**AID/WATER STATIONS:** At each half-mile and the finish.

**FACILITIES:** The YMCA locker rooms and showers will be available before and after the race.

**RACE DAY SCHEDULE:**

- ◆ Race Day Registration at Atrium Family YMCA: 7:45-8:30am
- ◆ Packet Pick-up at Atrium Family YMCA beginning at 7:45am
- ◆ 500 yd swim and 5K run begins at 9:00am
- ◆ 5K run begins at 9:30am

**COURSE:**

- ◆ The swim will take place at Atrium YMCA's 25 yard lap pool.
- ◆ The run course is accurately measured.
- ◆ The run starts at Atrium Family YMCA, on pool side. It then loops around the Atrium Medical Center's Campus Loop twice on a flat, paved roadway ending back at the starting point at Atrium YMCA.

**REGISTRATION:**

- ◆ Individual Pre-registration: \$20/Run - \$25/Swim&Run if received on or before 03/19/10
- ◆ Individual Registration after 03/19/10: \$25/Run - \$30/Swim&Run  
*\*First 100 entries will receive a Splash N' Dash T-shirt\**
- ◆ Relay Registration (One swims, one runs): \$30/Team on or before 3/19/10; \$35/Team after 03/19/10
- ◆ Race Day Registration: (T-shirt included if available)

**AWARDS:**

- ◆ 1st Overall Male & Female; 1st Overall Male & Female Masters (40+), 1st Overall Relay. First 3 in each Male & Female age group.
- ◆ Awards in unfulfilled categories—distributed into larger ones.

For Printed Results-provide self-addressed, stamped envelope

**TO REGISTER ONLINE**  
[www.speedy-feet.com](http://www.speedy-feet.com)

**TO REGISTER/MORE INFORMATION**  
 Atrium Family YMCA, 5750 Innovation Drive  
 Franklin, OH 45005  
 (513) 217-5501

**MAKE CHECKS PAYABLE TO:**  
 Atrium Family YMCA

**Directions to Atrium Family YMCA:** Take I-75 to Exit 32, State Route 122, go east approximately 1/5 mile. Turn left on Union Rd, go approximately 1/2 mile. Turn right on Innovation Dr. Atrium YMCA is located on the left hand side.

----- SPLASH N' DASH 500Yd Swim & 5K Run or 5K Run Only -----

Est. 500yd Swim Time \_\_\_\_\_(min)

(Duplicates Accepted)

Splash & Dash  5K Run  Relay

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Eve Phone \_\_\_\_\_

\_\_\_\_\_ \$20/Run - \$25/Swim&Run Pre-Registration, includes T-Shirt to first 100 participants. (Postmarked *on or before* 3/19/10)

\_\_\_\_\_ \$25/Run - \$30/Swim&Run Registration after 3/19/10

\_\_\_\_\_ \$30/Team Relay. Registration before 3/19/10

\_\_\_\_\_ \$35/Team Relay. Registration after 3/19/10

**Circle T-Shirt Sizes:** S M L XL (*Adult sizes Only*)

Email \_\_\_\_\_

\_\_\_\_\_ Male/Female

\_\_\_\_\_ Age (As of 03/27/10)

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge all sponsors and individuals assisting in the presentation of the Atrium Branch 500yd swim and 5K run or 5K run Splash N' Dash for all claims of damages, demands, actions, whatsoever in any manner arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in the event and I am physically fit and sufficiently trained for participation in the said athletic event.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent's Signature (if under 18)** \_\_\_\_\_ **Date** \_\_\_\_\_

*Artwork donated by Graphic Artist, Tyler Ehrnschwender*



**Atrium YMCA**  
 5750 Innovation Dr.  
 Franklin, OH 45005