

POST PARTY in Nisbet Park!

Family and friends are welcome to cheer participants along the course! Kid's activities will be available before and during the race, so feel free to bring the kids along!

Immediately following the race will be a post-event party with refreshments, beer, food, live music, and a Health Expo featuring Fleet Feet Sports.

Pre-registered participants are eligible to win door prizes, but you must be present to win!

Non-race attendees may purchase entry into the post-race party (\$20 for adults and \$5 for children under 10). A driver's license will be required to drink beer for all party attendees, so be sure to bring your ID.



Please help us in
thanking our sponsors!

FLEET FEET
Sports



Contact Information:

www.CinciRatRace.org
cinci_ratrace@embarqmail.com
(513) 235-8153
(513) 227-9628

Results: Posted on www.speedy-feet.com, as well as
www.cinciratrace.org

Printing provided by Armstrong Printing



**Family...
Fun...
For a Cause!!!**

**Saturday, April 24th
5:30 pm**

Escape for a fun evening and run or walk the Rat Race 5K or 10K in beautiful historic Loveland, Ohio. This is a fun event the whole family can enjoy while raising funds to benefit The Leukemia and Lymphoma Society, Hospice of Cincinnati and Cancer-Free Kids.

www.cinciratrace.org

MAKE A DIFFERENCE

All Proceeds and Benefits go towards CancerFree KIDS, The Leukemia and Lymphoma Society and The Hospice of Cincinnati

CancerFree KIDS is new to the Rat Race in 2010. CancerFree KIDS (CFK) is a new breed of non-profit organization, bringing the donor closer to the end result: funding life-saving childhood cancer research that might otherwise go unfunded.

CancerFree KIDS is dedicated to saving every precious child's life. Research on childhood cancers gives insight to all kids of cancers and often has important applicability to adult cancers. However, research on childhood cancers is extremely under-funded as compared to adult cancers. This is where CFK makes a difference. CFK forms alliances with researchers, funding promising projects and following results.

CancerFree KIDS . . . working together until every kid is cancer-free!

Leukemia & Lymphoma Society is the world's largest voluntary health organization dedicated to funding blood cancer research, education and patient services. The LLS mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Since the first funding in 1954, LLS has awarded more than \$680 million in research funding. Please visit our hero page on the website at www.cinciratrace.org to meet some of our heroes.

Hospice of Cincinnati is the fourth oldest hospice in the United States, established in 1977. Our mission is to "provide compassionate, professional, personalized care to terminally ill people and to offer comfort and support to their loved ones...regardless of their ability to pay...during the patient's illness, after the death, and through bereavement. Physical, emotional and spiritual care are provided in a way that affirms life and supports choices in an environment of dignity and respect."

Race Entry Form:

5K Run ___ 5K Walk ___ 10K Run ___
(Run/Walkers must register as Runners)

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____

Evening Phone: _____

Gender: Male ___ Female ___

Birth date: (mm/dd/yyyy) _____

T-Shirt Size: Women's S ___ M ___ L ___ XL ___

Men's S ___ M ___ L ___ XL ___

Email: _____

Would you like to make an additional donation?

CFK: \$ ___ LLS: \$ ___ HOC: \$ ___

How did you hear about the Rat Race? TNT ___ Friend ___

Past Participant ___ Website ___ Email ___ Radio ___ TV ___

Newspaper ___ Posted Flyer ___

Other (please specify): _____

Waiver: In consideration of the acceptance of my entry, I hereby waive on behalf of my heirs, executors and assigns, all claims of any nature arising from my participation in the Rat Race and post-party, and do hereby release Paxton's Grill, the City of Loveland, Speedy Feet, all sponsors, workers, officials, and volunteers from any claim whatsoever arising from my participation in this event. I agree to abide by all the rules for participation, and acknowledge that the Race Committee may refuse or return my entry at its discretion. I understand the risks for such a run, and have trained adequately in preparation. I HAVE NOTED ANY MEDICAL CONDITIONS ON THIS FORM.

Entrant's Signature: _____

Date: _____

Parent's Signature: _____
(Required for entrants 18 and under)

Date: _____

In case of medical emergency contact (required by entrants 18 and under):

Name: _____

Phone: _____

Make Checks Payable to:

The Rat Race

Mail Entry Form and Checks to:

Rat Race - c/o Speedy Feet Racing,
1381 Falke Dr,
Dayton, OH 45432

RACE DETAILS

What: 5K Fitness Walk and 5K/10K run
(Run/Walkers must register in Run Category)

When: Saturday, April 24, 2010

Start Times: 5:30 pm

Location: Nisbet Park in scenic Loveland, OH

Online Registration \$30:

www.speedy-feet.com. Deadline is midnight Monday, April 20th, 2010.

Mail-in Registration \$30: Use form to the left. Must be post-marked by April 17th, 2010.

Late Registration: \$35:

Packet Pick-up dates (see below) or Nisbet Park or Race day from 4:00 pm – 4:45 pm.

Packet Pick-Up: Pre-registered participants may pick up Rat Race packets on Wednesday and Thursday, April 21st – 22nd at Fleet Feet Sports in the Crossings of Blue Ash from 6:00 pm to 8:00 pm.

Race Divisions:

Men and Women Runners and Run/Walkers: 14 and under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 and over.

Fitness Walkers (5K only): 29 and under, 30-39, 40-49, 50-59, 60 and over.

Course: A flat, fast course that begins near Paxton's Grill and the Loveland bike trail. Starting on Karl Brown to West Loveland to Riverside to Ohio to Wall to Park to Riverside, back to West Loveland, to Karl Brown to Harrison to the bike trail out and back, finishing at Nisbet Park. Course will be cleared 90 minutes after the start of the race.

Blue short sleeve Adidas wicking shirts (men's and women's sizing) to the first 600 pre-registered registrants by April 10th!