

4th Annual St. Mary
Hyde5K Run/Walk

Thursday, August 19, 2010 6:30pm

Proceeds to benefit St. Mary Parish, its outreach programs & St. Mary School

The race starts in front of St. Mary Church and runs through scenic Hyde Park. Return to St. Mary's Festival Grounds for a great finish and enjoy refreshments, food and music while waiting for the results. Live music by The Whammies, food from Honey Baked Ham, Samurai Sam's Teriyaki Grill and more!

USATF Sanctioned race * mile splits * water stop

Divisions: Run - Men & Women: 14/under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60/over, Walk - Men & Women: 29/under, 30-39, 40-49, 50-59, 60/ over. There are no age divisions for the timed Kids 1 Mile Race but participants should be under 14.

Awards: Special awards for overall men and women finishers. Awards presented immediately following the race to the top two in each age division. Results on-line at: www.sprunning.com. Special awards also given to the first boy and the first girl in the timed 1 Mile Kids Race.

Pre-Registration: Pre-Registration should be **postmarked by Friday, August 13, 2010** or pre-register on-line by Monday, August 16 at: www.sprunning.com. Run/walk/party \$25, Run/walk only \$20, both include T shirt and goody bag. 1 Mile kids race \$15 includes T shirt.

Late/Race Day registration: Begins at 5pm. Run/walk/party \$30, Run/walk \$25, includes T shirt and goody bag while supplies last

Packet Pick up: Wednesday August 18, 6pm-7pm in front of St Mary Church

Entry Form St. Mary Hyde5K August 19, 2010. *Make checks payable to "Hyde5"*

First Name: _____ Last Name: _____

Address: _____ City: _____ State: ____ Zip: _____

Daytime Phone: _____ Evening Phone: _____

Sex: M___ F___ Age (as of 8/12/10):____ Select T- shirt size: Youth S M L XL XXL

Participation: Run/party Walk/party Run Only Walk Only 1Mile Kids Run

E-Mail Address: _____ Group Name (if applicable): _____

Race Waiver Release (must be signed by participant): 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 Hyde 5 - St. Mary 5K run and do hereby release The Archdiocese of Cincinnati, St. Mary, Steve Prescott and 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 relevant medical conditions on this form.

Relevant medical conditions:

Signature (Parent's Signature f under 18) _____ Date: _____

In case of medical emergency, contact: _____ Phone: _____

Mail to: Hyde5 c/o Steve Prescott - P.O. Box 454 • Mason, OH 45040

For information visit www.hyde5.com or www.sprunning.com or call 513-777-1080