

4th annual Oak Hills Help HAITI 5K!

Saturday April 20, 2013 at 8:30 a.m.



NEW ROUTE!!



All net proceeds benefit the children of Haiti:
Kids against Hunger providing life-saving food and fresh water systems to Haitian orphanages
Restavek Freedom Foundation fighting to end child slavery in Haiti

- NEW COURSE!!!!!!:** A brand new faster, flatter course for our 5K run/walk! Begins and ends at Oak Hills High School
- RACE WEBSITE:** <http://helphaiti5k.yolasite.com/>
- MUSIC:** DJ Bill Dattilo!!!
 Nick Corey and Sean's Acoustic Jam!!!
- RUN DIVISIONS:** 18/under, 19-29, 30-39, 40-49, 50-59, 60-69 and 70/over.
- WALK DIVISIONS:** 18/under, 19-29, 30-39, 40-49, 50-59, 60-69 and 70/over.
- AWARDS:** Top male and female overall runners and walkers.
 Age group awards to top male and female runner and walker per division.
- PRE-REGISTRATION:** Adults \$20 Youth 17/under \$15
 Race t-shirts available for \$10
 Registration must be postmarked by 4/17/13
- SPECIAL FAMILY RATE:** \$60 per family (up to four family members). Pre-registration only (complete a separate registration form for each member)
 Race t-shirts available for \$10 each
- NUMBER PICK UP:** Friday, April 19, 4:00 - 6:00 pm at [Fleet Feet](#) 9525 Kenwood Rd 45242 513-793-8383
- RACE DAY PICK UP / REGISTRATION:** Saturday, April 20, 7:30 am at Oak Hills High School
- DIRECTIONS:** Oak Hills High School 3200 Ebenezer Road Cincinnati, OH 45248
- CONTACT:** Ann Ryan, OHHS French Club Advisor @ ryan_a@ohlsd.org

HELP HAITI 5K RUN/WALK ENTRY FORM

Name: _____
 Address: _____ Email: _____
 City: _____ State: _____ Zip: _____ Phone: _____
 Age: (as of 4/20/13): _____ Sex: M F Race: Run Walk T-Shirt (additional \$10): S M L XL XXL
 Relevant medical conditions _____
 Signature _____ Date _____
 Parent's signature (for entrants under age 18) _____ Date _____
 Emergency contact: _____ Phone (____) _____ or put "at race"

Make Checks Payable To: OHHS French Club - Help Haiti 5K

Mail to: OHHS Help Haiti 5K, % Ann Ryan, 3200 Ebenezer Rd, Cincinnati, OH 45248

Waiver/Release: 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 OHHS Help Haiti 5K and do hereby release the Oak Hills Local School District, Green Township, GHG timing LLC, 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 this 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.