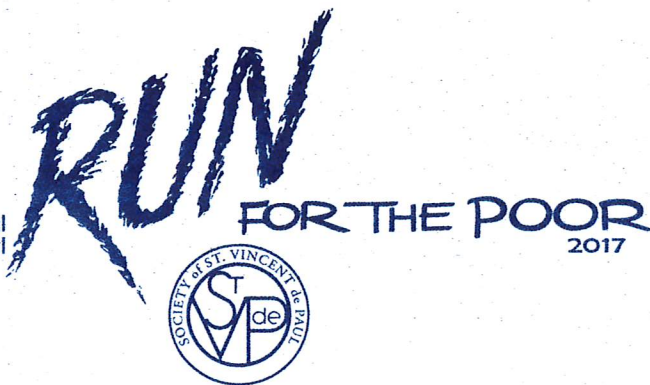


25th Annual  
St Vincent de Paul



# 5K Run and Fitness Walk

9:00AM, Saturday, June 10, 2017

Start and finish: St. Elizabeth Seton Church  
5900 Buckwheat Road, Milford  
(near Mulberry Elementary School)

**50 PRIZE AWARDS RANDOMLY  
SELECTED FROM PRE-REGISTRATIONS**

**OVER 50 PRIZE DRAWINGS  
AT THE AWARDS CEREMONY**



PROCEEDS BENEFIT THE ST. VINCENT DE PAUL SOCIETY

Visit [www.runforthe poor.org](http://www.runforthe poor.org) or like us on Facebook.

### COURSE:

Start at St. Elizabeth Seton Church, go out driveway, left on Linden Creek to right on Winchester, left on Lela to right on the Lela entrance to Miami Meadows Park, proceed clockwise around the outer peripheral walkway of the park, exit the park to Wade to Lela, proceed back to church along the same route used outbound. Course is USATF Certified.

### PRE-REGISTRATION:

Adults \$20, Children (under 18) \$10. T-shirts \$10.  
All pre-registration entries must be postmarked by Friday, June 2; otherwise register on-site on race day.

### RACE DAY REGISTRATION:

Adults \$25, Children (under 18) \$15. T-shirts \$12.

### RACE DIVISIONS:

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

**Weight:**  
Men 200-219, 220/over lbs.; Women 160/over lbs.  
**Fitness Walkers:**  
29/under, 30-39, 40-49, 50-59, 60-69, 70/over.

**FUN RUN:** A short fun run for kids with ribbons to all finishers.

**REFRESHMENTS** will be provided after the race.

**AWARDS:** Top 15% of each division based on pre-registration. Also, special awards to the first male and first female overall.

### RESULTS:

Online at [www.racedmc.com](http://www.racedmc.com)

### INFORMATION:

Call Don or Carol Connolly at (513) 474-1399 or visit [www.racedmc.com](http://www.racedmc.com) for flyers, results, schedule, links and online registration.

### DIRECTIONS TO ST. ELIZABETH SETON:

Take I-275 to St. Rt. 28 (exit 57).  
Go east following Bypass 28 (approx. 2 miles).  
Go right on Buckwheat Road.  
St. Elizabeth Seton Church is on your left (past Mulberry Elementary School).

### GOLD LEVEL SPONSORS:



*Evans Funeral Home*  
Milford & Goshen, Ohio

### SILVER LEVEL SPONSORS:



Register online at [www.racedmc.com](http://www.racedmc.com) or complete the form below.

- Choose one
- \$20 Adult Entry
  - \$30 Adult with T-shirt. Circle size: **S M L XL XXL**
  - \$10 Under-18 Entry
  - \$20 Under-18 with T-shirt. Circle size (adult sizes): **S M L XL XXL**

- Choose one
- 5K run
  - 5K run weight: Men 200-219 lbs.
  - 5K run weight: Men 220/over lbs.
  - 5K run weight: Women 160/over lbs.
  - 5K fitness walk

- Choose one
- Male
  - Female

Age (on race day): \_\_\_\_\_

I cannot attend; donation only

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

MAIL / MAKE  
CHECK PAYABLE TO:

**St. Martin District Council – SVDP**  
**P.O. Box 54424**  
**Cincinnati, OH 45254-0424**

Pre-registration entries  
must be postmarked by  
Friday, June 2, 2016

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 Run for the Poor, and do hereby release Don Connolly Inc., St. Elizabeth Seton Parish, Miami Township (Clermont County), St. Vincent De Paul Society, Milford Exempted Village School District, 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 MEDICAL CONDITION ON THE REVERSE SIDE OF THIS FORM.

Signature <sup>X</sup> \_\_\_\_\_ Date \_\_\_\_\_

(Parent's signature required if participant is under 18)

In case of medical emergency, contact \_\_\_\_\_ Phone \_\_\_\_\_