



nutritioncouncil
FOOD
ON
THE
run

5K & 10K Run/Walk

**Saturday March 5,
2011 9:00 a.m.
Yeatman's Cove,
Downtown Cincinnati**

Help create a healthy future for our kids by joining the race against childhood obesity. Walk, run or cheer for those fighting to make a difference in the lives of Hamilton County youth. Your race support helps fund the Nutrition Council's childhood obesity prevention programs. For more information visit www.nutritioncouncil.org

The Strides of March is now Food on the Run – New Name, Same Great Race, Same Worthwhile Cause

RESULTS:

Official race results will
be posted online at
www.racedmc.com

FOR MORE INFO:

Call 513-621-3262 or
NutritionCouncil.org

COURSE:

Certified 10K (6.2 mile) and 5K (3.1 mile) course at
Yeatman's Cove. **NEW! Chip Timed!**

PRE-REGISTRATION:

Mail-in entries must be postmarked by Friday, February 25,
2011. Online registration available until March 3, 2011,
midnight at www.getmeregistered.com/FoodOnTheRun

RACE DAY REGISTRATION:

Opens at 7:30 am at Yeatman's Cove, 705 E. Pete Rose
Way, Cincinnati, OH 45202.

PACKET PICK-UP:

Pick up your race number and packet on Friday, March 4th
at The Running Spot in O'Bryonville (513) 321-3006 from 4
pm – 7 pm.

ENTRY FEES (All Categories):

\$25 Pre-registration (no shirt)
\$35 Pre-registration + long sleeve shirt
\$30 Race Day (no shirt)

10K & 5K RUN CATEGORIES:

Male & Female: 14/under, 15-19, 20-24, 25-29, 30-34,
35-39, 40-49, 50-54, 55-59, 60-64,
65-69, 70/over.

10K/5K FITNESS WALKERS:

29/under, 30-39, 40-49, 50-59, 60/over. Fitness walkers
must walk the entire distance. Any participant who anticipates
running part of the event must register as a runner.

AWARDS & RESULTS:

Top overall male and female in each race category plus top
3 in each age division. New! View your results on large TV.
Overall awards will be given at finish line. Age group
awards pick-up at Awards table.

EVENT FUN:

- Enjoy post-race recovery foods like our delicious soup,
bagels, plenty of carrots and more!
- Prizes awarded for the best dressed foodies!



Food on the Run Official Entry Form

First Name

Last Name

Address

City

State

Zip

Phone

Email

Age as of 3/5/11

Gender ☐ Male ☐ Female



Category

- ☐ 10K Run
☐ 10K Fitness Walk
☐ 5K Run
☐ 5K Fitness Walk

Pre-Registration Entry Fee:

- ☐ \$25 Pre-registration (no shirt)
☐ \$35 pre-registration (w/shirt)
☐ Circle shirt size: S M L XL

Enclosed is an additional \$ _____
to help support the Nutrition Council.

Send Entry & Check Made Payable to:
Nutrition Council
P.O. Box 54424
Cincinnati, OH 45254-0424
Postmarked by 2/25/11



WAIVER/RELEASE: In consideration of the acceptance of my entry, I hereby waive, discharge and release on behalf of myself, my heirs, executors and assigns, all claims of any nature arising from my participation in the Food on the Run, and do hereby release the Nutrition Council of Greater Cincinnati, race directors, all sponsors, workers, officials and volunteers from any claim whatsoever arising from my participation in this event. I agree to abide by all rules for participation, and acknowledge that Food on the Run may refuse or return my entry at its discretion. I understand the risks involved in such a run/walk, and that I am physically fit and have trained adequately in preparation. I also give my permission to Nutrition Council to use any photographs, video or other recordings of me that are made during the course of this event.

Signature of Entrant

Date

Emergency Contact

Phone #

Signature of Parent or Guardian (if under age of 18)

Date