

## In Step For Life - 5K Walk Run

Join us for an afternoon of exercise and competition!

Sunday, April 6 - 1 pm  
6060 Holladay Rd, Hillsboro Ohio

The course will be along the township roads of Hillsboro, Ohio. First male and female runners and walkers will receive gift certificates from participating organizations. In addition, awards will be given to the top male and female winners in each age division. Our third category of awards will be to people who race with their pets. **The entrance charge is \$15. Under 18 can register for \$10. Groups of 5 or more get \$3 off each registration.** Registration on the day of the event will be available starting at 12:00 pm. Pre-registration is available at the website, [www.servicescene.org](http://www.servicescene.org) Mail-in registration can be done by completing this form and sending that to Run, Box 572, Hillsboro, OH 45133, along with registration fee. Make out checks to Highland Quality Living. **Deadline for mail-in registration is March 19.**

The proceeds of the event will be given to the nonprofit Highland Quality Living to develop and operate events for the 2014 growing season. These events will give local residents a chance to learn more about sustainable and healthy living. More information is available by contacting Kathy Decker, 937-205-3122 or Marilyn Hiestand, [sssyfrs2002@yahoo.com](mailto:sssyfrs2002@yahoo.com).

Registration Form: Complete a form for each participant.

Name\_\_\_\_\_ Phone#\_\_\_\_\_  
Address\_\_\_\_\_ Email\_\_\_\_\_  
Gender\_\_\_\_\_ T-shirt size(pick one) Sm Med Lg XLg

**Select only one category! Select by circling or underlining.**

**Runner Divisions** :12 & under 13-15 16-19 20-29 30-39 40-49 50-59 60-69 70 & up

**Walker Divisions** :15 & under 16-29 30-49 50 & up

**Participant with Pet Divisions** : 15 & under 16-29 30-49 50 & up

### Disclaimer

In consideration of my entry being accepted, I intend to be legally bound and do hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against Highland Quality Living/7<sup>th</sup> Day Adventists, its officers, agents, representatives, or volunteers and for any kind of liabilities arising out of my participation in the 5K Walk Run, even though that liability may arise out of negligence or carelessness on the entities named in this waiver. If I should suffer injury or illness, I authorize the officials to have me transported to a medical facility and I take responsibility for this action. I attest and verify that I am physically fit. I hereby grant full permission for any and all to use my photographs, videotapes, etc, for any purpose whatsoever.

I have read the above release and understand that I am entering into this event at my own risk.

Signature\_\_\_\_\_ Date\_\_\_\_\_

Parent/Guardian Signature\_\_\_\_\_  
(Participants under the age of 18 must have their parent or guardian sign this release)