



Project Congo 5K

Bringing Health and Hope to victims of Conflict in the Congo

Project Congo is a local based charity working to help women and children in the Democratic Republic of Congo. Since 1994 the Congo has seen constant warfare, widespread rape, starvation and disease. To learn more about the situation in the Congo and our work there please visit our website at: www.projectcongo.org

April 9, 2011 • 9:00 A.M. • Wegerzyn Gardens MetroPark • Dayton, Ohio

1301 E. Siebenthaler Ave. Dayton, Ohio 45414

Directions: From I-75 take First St east to north on Patterson Blvd or N Main St. At Siebenthaler Ave turn right (East), Wegerzyn Gardens MetroPark is on the left. Parking is available at the Park.

Why do this event? To help women and children who are victims of warfare and atrocities in the Congo. To raise awareness of the plight of women who are being raped and tortured on an epidemic scale and the children being left behind. This event will help you promote your own health. After the Run/Walk an inspirational event will be held to include local Congolese speakers, musicians, and dancers. Donate old cell phones and be eligible for a special raffle prize. Become a part of the world! Learning and experiencing new things is exciting, helping you to grow into the bigger society.....the world we **all** live and share.

Check-in and Registration: 8:00-8:45 AM

Zumba Begins: at 8:40

Awards: Top 3 Male and Female and in Top 3 Male and Female in Age Categories

Fees: (Non-refundable) \$20 includes T-shirt and refreshments if registered by **March 15, 2011**

Students \$10 Pre Registration

\$15 Day of race please bring student ID

Make it a team effort! For groups of 10 or more, registration is \$15 per person if registered by

March 15, 2011. Registration is **\$25 after March 15, 2011 and on race day** (Shirt cannot be guaranteed).

Checks payable to : HIP/Project Congo Send Checks to 1366 Vimla Way, Xenia Ohio45385

Information: Go to www.keysports.net or call (937) 287-3333 **Results posted at:** www.keysports.net

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(Registration form needed for each team member)

TEAM NAME

FIRST NAME

LAST NAME

ADDRESS NUMBER and STREET

CITY

STATE

ZIP CODE

AREA CODE

EVENING PHONE NUMBER

AGE (race day)

M F

CIRCLE ONE

S- M- L- XL- XXL

ADULT T-SHIRT SIZE - CIRCLE ONE

E-MAIL ADDRESS:

EMERGENCY CONTACT:

PHONE: () -

REQUIRED

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In consideration of your accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, my executors and administrators, voluntarily assume all risks of injury to my person and damage to my property; agree to abide by all ordinances of Five Rivers MetroParks and all rules, regulations, and directions, if any, of this event; waive and release any and all rights and claims for damages I may have against Project Congo, Key Sports and Business Promotions, Five Rivers MetroParks, their representatives, employees, officials, volunteers, successors, and assigns for any and all injuries and damage to me or my property in said event; and agree to indemnify defend and hold those same organizations and individuals harmless from any claims for injury or damage to myself and to third persons or their property from this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event, and my physical condition has been verified by a licensed medical doctor., and its assigns and any news media, radio, movie, or TV producer, having permission from or acting for the benefit show and reproduce my name, photograph, pictures, and films taken of me by any of those mentioned above.

Signature **REQUIRED** by **ALL** applicants (parent or guardian must sign if under the age of 18) Date