



# ALTERFEST 2011 FAMILY 5K RUN

## This Year it's a Free Race!!!

Saturday September 3, 2011 8:15 a.m.



Hosted by:  
ALTER CROSS COUNTRY, TRACK & FIELD BOOSTERS ASSOCIATION

You are invited to participate at no cost. There is no registration fee for this race. Donations to support the Alter Track and Cross Country programs will be accepted. You may pre-register online, by mail or register on the day of the race. A limited supply of commemorative race shirts (long sleeve) can be ordered prior to the race or bought on race day.

**Course Description:** The 5K Run begins and finishes at Alter High School and includes the residential neighborhood around the high school. The course is flat, fast and finishes in front of the Alter Knight.

**Course Records**

Jeff Coudron 16:36; Mindy Leisure 18:14

**Awards:** Top female, top male racers. Recognition to top female and male runner in following age groups 14 and under, 15-20, 21-30, 31-40, 41-50, 51-60, 61-65 and 66+

**Kids Fun Run:** Prior to the 5K Run, a separate Kids Fun Run for two age groups – 6 and under and 7-10 run two laps. All Fun Runners receive a ribbon. Fun Run begins 8:00 on Jack Ward Track behind Alter High School.

**Day of Race Registration:** Shirts (if available) and number pick up 6:30-7:30 a.m. September 3.

**Registration and Parking:** In front of Alter High School – 940 East David Road, Kettering, Ohio – Park on front school lawn

**Race information:** email: [alter5k@gmail.com](mailto:alter5k@gmail.com) or call Alter Advancement Office 937-434-2059

**ON-LINE REGISTRATION: [www.speedy-feet.com](http://www.speedy-feet.com)**

**ENTRY FORM**

**Mail to:** Knight Run, Alter High School Advancement Office, 940 E. David Rd, Kettering, OH 45429

_____	_____	_____	_____	_____
Last Name	First Name	Date of Birth	Age Day of Race	M/F
_____	_____	_____	_____	_____
Address	City	State	Zip	Phone Number

**eMail address** \_\_\_\_\_

**Race Shirt** Qty \_\_\_\_\_ @ \$10 per shirt \_\_\_\_\_ Size (adult sizes only) sm \_\_\_ med \_\_\_ lg \_\_\_ xl \_\_\_ xxl \_\_\_\_\_

**No fee for race. For shirts make checks payable to: Alter High School 5K Run**

**AMOUNT ENCLOSED:** \_\_\_\_\_

**WAIVER OF LIABILITY:** (5K Run and Kids Fun Run) I, intending to be legally bound, for myself, my heirs, next of kin, executors and administrators, voluntarily assume all risks of accident or injury and release forever discharge, indemnify and hold harmless The Archdiocese of Cincinnati, Archbishop Alter High School, it's employees, it's associations, it's sponsors and contributors and all volunteers associated with this event from any and all liability for personal injury and property damage of any kind sustained during the 5K Knight Run held on September 3, 2011, whether such personal injury or property damage is caused by gross negligence or carelessness of the Released Parties or others. I have full knowledge of the risks involved and attest that I am physically fit and sufficiently trained to participate in this athletic event. I understand that the roads will be opened to traffic, including motor vehicles, cyclists, pedestrians, and in-line skaters. I grant permission to all forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legal purpose.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature if Participant Under 18

\_\_\_\_\_  
Date

Office Use Only: # Registrations Received \_\_\_\_\_ Check # \_\_\_\_\_ Check Am't \_\_\_\_\_ Cash Am't \_\_\_\_\_