

Course: A flat, fast course that begins near Paxton's Grill and the Loveland bike trail. Starting on Karl Brown to West Loveland to Riverside to Ohio to Wall to Park to Riverside, back to West Loveland to Karl Brown to Harrison to the bike trail out and back, finishing at Nisbet Park. Course will be cleared 90 minutes after start of race.

Pre-registration: (Non-refundable)

\$30.00 includes race, post-party and - back from last year! – the first 600 pre-registered entrants prior to April 10 will receive a wicking long sleeve shirt (*in men's and women's sizing*), so be sure to sign up early! All other pre-registrants will receive a short sleeve cotton t-shirt.

Register via www.speedy-feet.com through April 14

Register via mail through April 10:

Use the entry form to the right

Race Day Registration April 18 starting at 4:00 pm (Non-Refundable)

\$35.00 includes race, post-party, short sleeve cotton t-shirt (if available) 1

Post-Party: Immediately following in Nisbet Park. Party includes refreshments, beer, food, live music, and a Health Expo featuring Fleet Feet Sports.

Post Party Only (Non-Refundable): \$20.00 & \$5.00 (kids under 10)

Race Divisions for both 5K and 10K Run:

Men and Women: 14 and under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 and over. (Run/Walkers must register as runners)

Fitness Walkers (5K only): 29 and under, 30-39, 40-49, 50-59, 60 and over.

Awards: Top three male and female runners and walkers in each age division. 1st place finishers receive top awards!

Results: Posted on www.speedy-feet.com, as well as www.cinciratrace.org

Information: www.speedy-feet.com, www.cinciratrace.org
Margaret Feie at (513) 235-8153 or Cindy Bryant at (513) 227-9628

Packet Pick-Up: Pre-registration participants may pick-up Rat Race packets on Wednesday, April 15 and Thursday, April 16 at Fleet Feet Sports in the Crossings of Blue Ash from 6 p.m. to 8 p.m. Registration will also be available for \$35.

Direction: Paxton's Grill is located in Historic Loveland. From I-275, take the Loveland/Indian Hill exit, turn left off the exit ramp. Follow road for @2.5 miles, and turn right on West Loveland. Paxton's Grill is a few blocks down on the left.

Kid's activities will be available before and during the race, so feel free to bring the kids along!

Proceeds benefit the Leukemia & Lymphoma Society (LLS) and Hospice of Cincinnati (HOC)

Race Entry Form:

Last Name: _____ First Name: _____ Gender: Male ___ Female ___

Address: _____ 5K Run ___ 5K Walk ___ 10K Run ___
(Run/Walkers must register as Runners)

City: _____ State: _____ Zip: _____

Daytime Phone: _____ Evening Phone: _____

Birth date: (mm/dd/yyyy) _____ T-Shirt Size: S ___ M ___ L ___ XL ___

Email: _____

How did you hear about the Rat Race? TNT ___ Friend ___ Past Participant ___

Website ___ Email ___ Radio ___ TV ___ Newspaper ___ Posted Flyer ___

Fleet Feet ___ Running Spot ___ Other (please specify) _____

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 Rat Race and post-party, and do hereby release Paxton's Grill, the City of Loveland, Speedy Feet, 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 CONDITIONS ON THIS FORM.

Entrant's Signature: _____

Date: _____

Parent's Signature: _____

(Required for entrants 18 and under)

Date: _____

In case of medical emergency contact (required by entrants 18 and under):

Name: _____ Phone: _____

**Make checks for the race for \$30 per registrant payable to:
The Rat Race**

Would you like to make an additional donation? LLS: \$ ___ HOC: \$ ___

For additional donations, make checks out to The Leukemia and Lymphoma Society or Hospice of Cincinnati

**Mail Entry Form and Checks to:
Rat Race - c/o Speedy Feet Racing, 1381 Falke Dr, Dayton, OH 45432**

Benefiting:



*Hospice
of Cincinnati*

The community not-for-profit Hospice

Thanks to our major Sponsors!!



*Great Food
Family Dining
Great Music*



Start Time: Saturday, April 18th, 2009 at 5:30 pm

Post Party: Immediately following
(Driver's License required to drink beer)

Presented by:

FLEET FEET

Sports