

## Post Party in Nisbet Park

Family and friends are welcome to cheer participants along the course! Kid's activities will be available before and during the race, so feel free to bring the kids along!

Immediately following the race will be a post-event party with refreshments, beer, food, live music, and a Health Expo featuring Fleet Feet Sports.

Pre-registered participants are eligible to win door prizes, but you must be present to win!

Non-race attendees may purchase entry into the post-race party (\$20 for adults and \$5 for children under 10).

A driver's license will be required to drink beer for all party attendees, so be sure to bring your ID.



Thanks  
to our Sponsors!  
**FLEET FEET**  
*Sports*

2012  
11th annual  
**RAT  
RACE**  
5K/10K RUN & WALK

A cartoon illustration of a grey rat with a long tail, wearing a blue and orange backpack, running to the right. The rat is positioned behind the word "RACE" in the logo.

Run away fun...  
for a good cause!

Saturday April 21<sup>st</sup> @ 5:30pm

Ready to take a break from your everyday routine?

Then join us for the 11th Annual Rat Race 5k or 10k in beautiful historic Loveland, Ohio.

It's guaranteed to be run-away fun for the whole family.

All proceeds of the Rat Race will benefit CancerFree KIDS and CityLink Center.

[www.cinciratrice.org](http://www.cinciratrice.org)

Contact Information:  
[www.CinciRatRace.org](http://www.CinciRatRace.org)  
[cinci\\_ratrace@embarqmail.com](mailto:cinci_ratrace@embarqmail.com)  
(513) 235-8153 • (513) 227-9628

Results: Posted on [www.speedy-feet.com](http://www.speedy-feet.com),  
as well as [www.cinciratrice.org](http://www.cinciratrice.org)

Printing provided by *Techne Graphics Inc.*

## All Proceeds and Benefits go towards CancerFree KIDS and The Hospice of Cincinnati

**CancerFree KIDS (CFK)** is dedicated to saving every precious child's life. It's a new breed of non-profit organization that brings the donor closer to the end result by funding life-saving childhood cancer research that might otherwise go unfunded.

Research on childhood cancers gives insight into all kinds of cancers and often has important applicability to adult cancers. However, research on childhood cancers is extremely under-funded as compared to adult cancers. CFK makes a difference by forming alliances with researchers, funding promising projects and following results.

CancerFree KIDS working together until every kid is cancer-free!



**CityLink Center (CLC)** is a citywide movement to change the face of poverty in Cincinnati. It's where individuals can go to one place, get surrounded by one team, and find an integrated, holistic path to break free from poverty and get to a place of self-sustainability and hope.

Clients of CityLink Center get holistically surrounded by a specialized team of excellent social services, highly-trained CityLink staff and committed volunteers who know the client's story, who stay connected to their life, and who are all working to get the client to the same place: employed, content, engaged and loved.

CityLink Center - Working together. Reducing poverty. Changing lives.



### Race Entry Form:

5K Run\_\_ 5K Walk \_\_ 10K Run \_\_  
(Run/Walkers must register as Runners)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Gender: Male \_\_ Female \_\_

Birth date: (mm/dd/yyyy) \_\_\_\_\_

T-Shirt Size: Women's XS \_\_ S \_\_ M \_\_ L \_\_ XL \_\_

Men's S \_\_ M \_\_ L \_\_ XL \_\_

Email: \_\_\_\_\_

Would you like to make an additional donation?

CFK: \$\_\_\_\_ CLC: \$\_\_\_\_

How did you hear about the Rat Race? Fleet Feet\_\_\_\_ Friend \_\_\_\_

Past Participant \_\_ Website \_\_ Email \_\_ Radio \_\_ TV \_\_

Newspaper \_\_ Posted Flyer \_\_

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 under 18)

Date: \_\_\_\_\_

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

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### Make Checks Payable to:

#### The Rat Race

### Mail Entry Form and Checks to:

Rat Race - c/o Speedy Feet Racing  
147 E Hadley Ave,  
Dayton, OH 45419

## Race details

**What:** 5K Fitness Walk and 5K/10K Run  
(Run/Walkers must register as Runners)

**When:** Saturday, April 21, 2012  
Start Time: 5:30 pm

**Where:** Nisbet Park in scenic Loveland, OH

**Online Registration:** \$30 [www.speedy-feet.com](http://www.speedy-feet.com).  
Deadline is midnight Monday, April 16, 2012.

**Mail-in Registration:** \$30 Use form to the left.  
Must be post-marked by Saturday, April 14, 2012.

**Late Registration:** \$35 Packet Pick-up dates (see below) or Nisbet Park on Race day from 4:00 pm – 5:25 pm.

**Packet Pick-Up:** Pre-registered participants may pick up Rat Race packets on Wednesday and Thursday, April 18th & 19th at Fleet Feet Sports in the Crossings of Blue Ash from 6:00 pm to 8:00 pm, or Saturday, April 21st at Nisbet Park from 4:00 pm to 5:25 pm.

**Race Divisions:** Men and Women Runners and Run/Walkers: 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.

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

**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 to Cones to trail out and back, finishing at Nisbet Park. Course will be cleared 90 minutes after the start of the race.

**Pink (women) and lime (men) short sleeve Asics wicking shirts (men's and women's sizing) to the first 600 pre-registered registrants by April 6th!**