

**eliminating racism  
empowering women**  
ywca



**up and  
running**  
FITNESS SHOES & APPAREL

**YWCA Dayton  
Empowerment 5k Run/Walk  
Riverscape, Downtown Dayton  
Saturday, August 14, 2010  
Registration/Check-In: 7:30 am  
Race Begins: 9:00 am**

Jump-start your day and join us for the *first annual* YWCA Dayton Empowerment Walk/Run along Dayton's scenic Riverscape pathway. Proceeds will benefit the YWCA's programs and services for women and children affected by domestic violence.

**Honorary Chair:** Susie Stein, Owner, Up & Running  
**Grand Marshalls:** Natasha Williams, Anchor, NewsCenter 7, WHIO-TV  
Joey Williams: Dayton City Commissioner

**Fees:** \$20 per person before August 10th  
\$25 per person, August 10th-14th  
(Includes t-shirt, food, beverages, awards & door prizes)  
Children under age 12: Free (no t-shirt)

**Registration: On-line at <http://www.speedy-feet.com> or drop off/mail the form below before August 10th to:** the YWCA, 141 W. Third St., Dayton, 45402 or at Up & Running in the Washington Square Shopping Center, Dayton, 45459.

**For more information: Call 461-5550, x179**

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**Please Print Clearly**

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_  
**Street Address:** \_\_\_\_\_ **City/Zip:** \_\_\_\_\_  
**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_  
**Circle T-Shirt Size: S M L XL 2X Team Affiliation (if applicable):** \_\_\_\_\_

**WAIVER (must be signed by all participants):** In consideration of the foregoing, I for myself, my heirs, executors & administrators,  
Waive and release any and all rights & claims for damages I may have against any of the sponsors or organizers of this event for any & all claims of damages, demands, actions whatsoever which may arise as a result of my participation in this event. I attest & verify that I am physically fit & have sufficiently trained for the completion of the event. Further, I grant full permission to any & all of the foregoing to use my likeness for any purpose whatsoever. Not responsible for lost or stolen items.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**If under 18, parent/guardian's signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**YWCA Dayton**  
**1870-2010**  
*Celebrating 140 years of service to Dayton's women and children*