

29th Annual St. Vincent dePaul



# 5K Run & Fitness Walk

Saturday, June 10, 2023, 9:00 am

Start and finish:

St. Elizabeth Ann Seton Church  
5900 Buckwheat Rd., Milford  
(Near Mulberry Elementary School )

50 Prize Awards randomly selected from pre-registrations.

Over 50 prize drawings at the award ceremony

**Awards Given | Door Prizes | Make it a Family Event!**

visit [www.runforthe poor.org](http://www.runforthe poor.org) or like us on Facebook

**COURSE:**

Starts at St. Elizabeth Ann Seton Church, go out driveway, left on Linden Creek to right on Winchester, left on Lela to right on the Lela entrance to Miami Meadows Park, proceed clockwise around the outer peripheral walkway of the park, exit the park to Wade to Lela, proceed back to church along the same route used outbound. Course is USATF Certified.

**PRE-REGISTRATION:**

Adults \$25, Children (under 18) \$12. T-shirts \$12. All registration entries must be postmarked by Friday, June 2, or register on-site on race day.

**RACE DAY REGISTRATION:**

Adults \$30, Children (under 18) \$15. T-shirts \$15.

**RACE DIVISIONS:**

**Men and Women:**

14/under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70/over.

**Weight:**

Men 200-219, 220/Over lbs.; Women 160/over lbs.

**Fitness Walkers:**

29/under, 30-39, 40-49, 50-59, 60-69, 70/over

**FUN RUN:** A short fun run for kids with ribbons to all finishers.

**REFRESHMENTS** will be provided after the race.

**AWARDS:** Top 15% of each division based on pre-registration. Also, special awards to the first male and female overall.

**RESULTS:**

Online at [www.racedmc.com](http://www.racedmc.com)

**INFORMATION:**

Call Don or Carol Connolly at 513-474-1399 or visit [www.racedmc.com](http://www.racedmc.com) for flyers, results, schedule, links and online registration.

**DIRECTIONS TO ST. ELIZABETH SETON:**

Take I-275 to St. Rt. 28 (exit 57)  
Go east following Bypass 28 (approx. 2 miles)  
Go right on Buckwheat Rd.  
St. Elizabeth Ann Seton Church is on your left (past Mulberry Elementary School).

## Registration Information. Please electronically fill out and email back.

Registration online at [www.runforthe poor.org](http://www.runforthe poor.org) or complete the form below

Choose one	<b>\$25</b> Adult Entry	Name: _____
	<b>\$37</b> Adult Entry with -shirt. Check one size: S      M      L      XL      XXL	Address: _____
Choose one	<b>\$12</b> Under 18 Entry	City / State / Zip: _____
	<b>\$24</b> Under 18 Entry with T-shirt. Check one size: (adult sizes) S      M      L      XL      XXL	Phone: _____
Choose one	5K Run	Team Name (optional): _____
	5K Run weight: Men 200-219 lbs.	Team Contact Name & Email: _____
	5K Run weight: Men 220/over lbs.	Parish Name (optional): _____
	5K Run weight: Women 160/over lbs.	
Choose one	5K Fitness Walk	<b>MAIL/MAKE CHECK</b> St. Martin District Council - Society of St. Vincent De Paul    Pre-registration entries must be postmarked by Friday, June 2, 2023
	Male      Age on race day: _____	<b>PAYABLE TO:</b> 5969 Pinto Place, Milford, OH 45150-2148
	Female      I cannot attend; donation only	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 Run for the Poor, and do hereby release Don Connolly inc., St. Elizabeth Ann Seton Parish, Miami Township (Clermont County), St. Vincent De Paul Society, Milford Exempted Village School District, and all sponsors, workers, officials, and volunteers from any claim whatsoever arising from my participation in the 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 CONDITION ON THE REVERSE SIDE OF THIS FORM.
	Amount of donation _____	Signature: _____ Date _____ (Parent's signature required if participant is under 18)

**NOTE:** We offer a special \$2.50 pre-registration discount for using this form for a pre-registration if it is done by submitting via email instead of stamp mailing (snail mail). Send to [jm@bacatholic.com](mailto:jm@bacatholic.com) when completed.

In case of medical emergency, contact: \_\_\_\_\_ Phone: \_\_\_\_\_