

Register Online!
 www.DaytonLEC.org

Register by Mail: (Copies may be submitted.)

Name _____

Phone _____

Street _____

City _____

State _____ Zip _____ Age _____

Male Female Walk Run

T-shirt size: Youth S M L

Adult S M L XL

Waiver of Liability: In consideration of the acceptance of my entry, I, for myself, any executors, administrators and assignees, do hereby release and discharge all sponsors of this event from all claims of damage, demands or actions whatsoever in any manner arising out of my participation in said athletic event. I attest and verify that I have full knowledge of all risks involved in this event. I am physically fit and sufficiently trained to participate in this event. I understand the roads and bike paths will be open to the public during this event. I grant permission to all foregoing to use my photograph, motion picture or other recordings or any other record of this event for any legal purpose.

X _____

Signature of Entrant (parent or guardian must sign if entrant is under age 18.)

Date _____

Make checks payable and mail to:
Life Enrichment Center
425 N. Findlay Street
Dayton, Ohio 45404

Thank you for supporting your community!

Feed Dayton 5K Details:



Event Prices

Received by 4/3 - \$20

Guarantees a Feed Dayton 5k T-shirt

Day of Event - \$25

T-Shirts on a first come, first served basis only

Awards

Prizes to top 3 overall men & women finishers

Medals to top man & woman in each division

10 & under

11-15

16-20

21-30

31-40

41-50

51-60

61-70

71 and over

Schedule

Saturday, April 10, 2010

Registration 8:00 a.m.

Start 5k run/walk 9:00 a.m.

Post run awards 10:00 a.m.

FREE breakfast after your run/walk

Please bring a non-perishable pantry food donation

Location/Contact

Course: Mad River Recreation Trail and Eastwood MetroPark

Parking, registration and post-run festivities:

The Life Enrichment Center

425 N. Findlay Street, Dayton, OH 45404

937.252.5700 x228

Lisa.helm@daytonlec.org



The Life Enrichment Center

is a privately funded, non-profit organization devoted to providing education,

life skills training, and inspiration to the underserved of the Greater Dayton Area.

In 2009 the LEC provided hope by:

- ⇒ Serving 19,403 hot breakfasts (offered 3 days a week) and since June, over 1,000 lunches
- ⇒ Distributing over 11,500 bags of groceries
- ⇒ Sharing regular bulk food donations with 15 area non-profits for their food pantry and feeding programs
- ⇒ Providing free, practical classes and programs to more than 10,000 with the goal of guiding those served toward self-sufficiency and an improved quality of life.



**Run or Walk
 Everybody wins!**

2009 Participants said:

“Very well organized and lots of kind volunteers”

“1st time I ran this race - loved it!”

“I chose my runs based on how the benefits of the run bless the community ... I have done this run each year I can.”

“Great race!”

The Life Resource Centre

is a non-profit organization that promotes life through education and action by:

⇒ Serving over 16,000 families and over 37,000 children through the emergency baby pantry

⇒ Educating over 4,000 pregnant teens on the art and science being good parents

⇒ Paying over \$30,000 towards college scholarships to young women who have chosen life for their babies.

