



INDIVIDUAL REGISTRATION FORM

____ Carp Diem 5K Run

____ Carp Diem 5K Walk

____ I am unable to attend the Carp Diem 5K, but want to donate \$_____ to the Mill Creek Watershed Council (Mail form and donation to address listed on other side)

(ONE FORM PER PARTICIPANT)

FIRST NAME

LAST NAME

STREET ADDRESS

CITY STATE ZIP

PHONE EMAIL ADDRESS

____ Male ____ Female ____ Age on Race Day
Required for Awards

Select shirt size Circle one S M L XL XXL

Register online at sprunning.com or complete this form and send with your \$20 tax-deductible registration fee to the address on the back of this form, postmarked by September 20. (\$25 day of race)

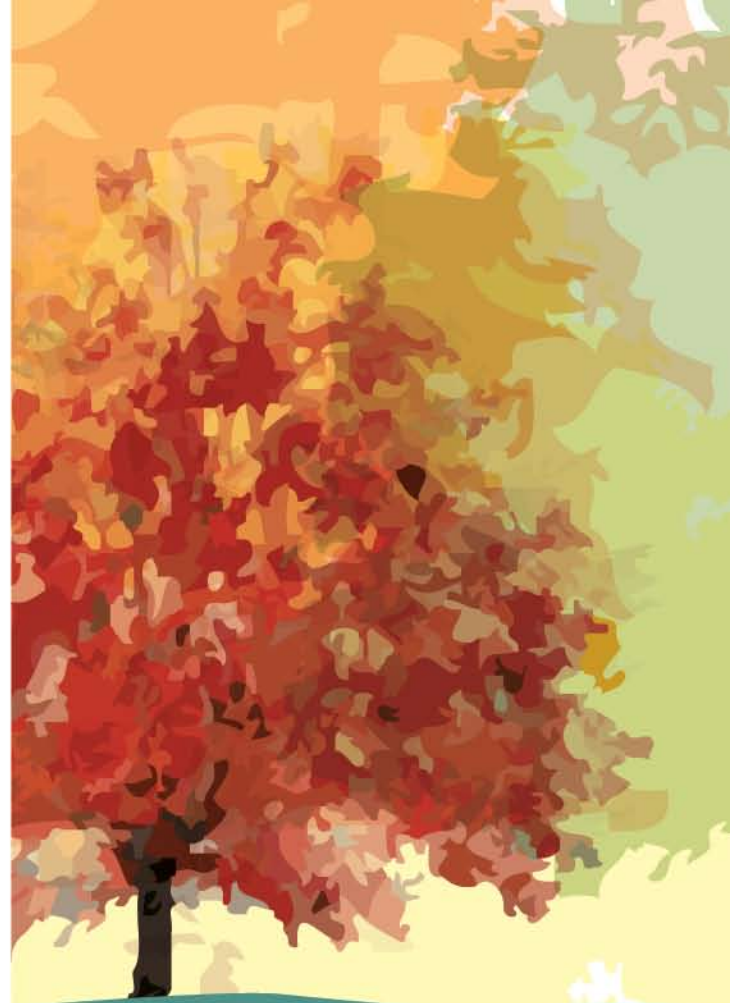
Please make checks payable to:
The Mill Creek Watershed

The Mill Creek Watershed Council of Communities is a 501(c)(3) nonprofit organization offering programs and services to protect and improve the Mill Creek Watershed and its communities, affecting the lives of more than 450,000 residents. The Council, founded in 1995, empowers local governments, businesses and citizens in the Greater Cincinnati area to protect and value our local lakes, streams and rivers.

Current programs include: flood damage reduction, stormwater management, improved water quality, stream bank stabilization, wetland restoration, and green solutions to storm water runoff (rain gardens, green roofs, etc.)

For more information about our services, please visit: millcreekwatershed.org

Mill Creek Watershed Council of Communities
One North Commerce Park Drive, Suite 124
Cincinnati, Ohio 45215
513. 563.8800
info@millcreekwatershed.org



4TH ANNUAL
USATF CERTIFIED 5K RACE



TO BENEFIT
MILL CREEK
WATERSHED COUNCIL
OF COMMUNITIES



Seize the day at the 4th Annual Carp Diem 5K run at Spring Grove Cemetery and Arboretum. Walk or run the with family and friends or simply enjoy the foliage on the beautiful and historical grounds of Spring Grove, formed in 1845 by the Cincinnati Horticultural Society.

All events on the beautiful and historical grounds of



The Spring Grove Family

Spring Grove Cemetery
"A National Historic Landmark"

4521 Spring Grove Avenue, Cincinnati, OH 45232

CONTACT

Call **Steve Prescott** at 513.777.1080 for race information.

AWARDS

Top finishers in men's and women's running and walking divisions, and 15% of pre-registrants in each age division.

**SUNDAY MORNING
SEPTEMBER 28, 2008**

- 7:30 a.m.** Registration
- 9:00 a.m.** Race Begins
- 10:30 a.m.** Kids Fun Run

NEW THIS YEAR:

Carp Diem Team Competition

Encourage your Family, Organization, Business or Local Government to Participate!

PRIZES

Awarded to teams with the fastest average finish time and to the organization/business signing up the most participants.

TEAM REGISTRATION FORM

Sign up in teams of 3-5 and save!

Pre-registered Teams: \$15.00 per person

To qualify for \$15.00 registration fee, please mail team members' registration forms together in one envelope; with one check for the full amount.

Team Name: _____

Organization/Business/Family: _____

All participating team members must complete a registration form. Teammates should submit all completed forms together in one envelope.

"Protect Our Watershed" Environmental Fair from 8:30-12:30

Fun and informative activities for the entire family!

Presenters: Marvins Organic Gardens, Hamilton County Dept. of Environmental Services, Rumpke Recycling, ORSANCO, Greater Cincinnati Rain Garden Alliance and more.



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 Carp Diem 5K, and do hereby release Spring Grove Cemetery, Mill Creek Watershed Council of Communities, Steve Prescott, all sponsors, workers, officials, and volunteers from any claim whatsoever arising from my 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 BELOW.

Noted Conditions: _____

SIGNATURE (GUARDIAN FOR UNDER 18)

_____/_____/_____
DATE

Register online at sprunning.com by September 24, 2008

or mail completed form to:

Carp Diem 5K Race
c/o Steve Prescott
P.O. Box 454
Mason, Ohio 45040

If registering by mail, please postmark by September 20, 2008

We gratefully acknowledge our Carp Diem Corporate Sponsors

John E. Stillpass, LPA