



5K & 10K Run/Walk
Saturday March 3,
2012 9:00 a.m.
Yeatman's Cove,
Downtown Cincinnati

Corporate Teams

About Food on the Run

Each year, the Nutrition Council of Greater Cincinnati hosts a 5K & 10K run/walk to kick-off National Nutrition Month. This event helps support our childhood obesity prevention initiatives. Childhood obesity has a severe effect on a child's health and well-being and is a leading public health threat in our community. Nearly 1/3 of all Hamilton County kids are overweight, making them more likely to develop diabetes and heart disease.

Why Form A Corporate Team?

Your organization can help fight childhood obesity by establishing a team. A team consists of 10 walkers or runners. Corporate teams come together to help create a healthy work place environment. Team members can choose to walk or run the event and can choose their desired distance. This is a great training race if your team is preparing to participate in longer distance races such as the Heart Mini-Marathon or the Flying Pig Marathon! Teams will be awarded for best dressed foodies and most creative team name. Join the fun!

Team Registration fee for 10 is \$20 per person or \$200. Optional long-sleeved t-shirts are available for \$10 per shirt.

How to Get Started

There are two ways to get your team registered for **Food on the Run**.

For Mail-In Entries:

- Complete the registration form for each team member. On the form, indicate your team name and company.
 - Mail completed entries and check to: Nutrition Council, PO Box 54424 Cincinnati, OH 45254-0424 by **Friday, February 24, 2012**
 - If your organization would prefer to pay via credit card, please contact, Jane Boback at 621-3262. We accept VISA & Mastercard

For Online Entries:

- Register online at www.getmeregistered.com/foodontherun. You can enter up to 10 entries at a time. Getmeregistered.com accepts VISA, Mastercard, Discovery and American Express.
- Online registration is open until Thursday, March 1, 2012 midnight.
- Contact Jane Boback at 621-3262 for more than 10 on a team.

For More Information Contact Jane Boback 621-3262 or jane@nutritioncouncil.org