

Stars and Stripes

5K

5K Run & Walk

Friday, July 4, 2014

Organized by the Trumbull County YMCA of Warren

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Online Registration
www.gopherarun.com



LOCATION:

Howland High School Football Stadium

RACE FEATURES:

- **Free Tec T-shirt** guaranteed to the first 250 runners/walkers
- Water stations provided
- Computerized race results provided by **Gopher Running**

ENTRY FEES:

- 5K Run (before June 22, 2014) - \$18
- 5K Run (after June 23, 2014) - \$20
- 1 mile Fun-Walk - \$12
- Kids' 50-yard dash - FREE

EVENTS

Registration: 7 a.m.
5K Race Start: 8:00 a.m.
Kids' 50-yard Dash: Following 5K finish

AWARDS

5K Run
Overall top three finishers male & female
1st 3 month YMCA Membership
2nd 2 month YMCA Membership
3rd 1 month YMCA Membership

Top 3 finishers per age group

Age groups consist of:

12 and under	40-44
13-16	45-49
17-19	50-54
20-24	55-59
25-29	60-64
30-34	65-69
35-39	70 and up

Only one prize awarded to any participant

** Student awards presented consistent with OHSA & NCAA regulations*

Kids' 50-yard Dash

All children participating in the 50-yard dash will receive a YMCA Day Pass and an award

For more information on sponsorship, call 330.394.1565 or write to: Stars & Stripes Run & Walk
c/o Trumbull County YMCA • 210 High St NW • Warren, Ohio 44481

Mail to: Stars & Stripes Run & Walk
c/o Trumbull County YMCA 210 High St NW
Warren, Ohio 44481

ENTRY FORM

Name _____ Male _____ Female
Address _____ Age on race day _____
T-shirt Size (Adult sizes only) S M L XL
Phone _____ Amount enclosed _____
make checks payable to Trumbull County YMCA

Waiver: In consideration of acceptance of this entry, I hereby agree to absolve and hold harmless of blame and liability, waiving all rights and claims for damages, I, or my heirs, executors and administrators, may have against the Trumbull County YMCA and its sponsors, agents, representatives, successors and assigns and others associated with this event, either singly or collectively, resulting from any injury, harm, loss, or damage, misadventure or inconvenience suffered or sustained as a result of participating in the race and its associated activities. I give my permission for free use of my name and/or photo in any broadcast, telecast or other account of this event or for promotional purposes.

Signature

Date

Signature of parent or guardian is required
if entrant is under age 18.

Date