



5K Run & Walk

Saturday, July 4, 2015

Organized by Trumbull Family Fitness

Online Registration
www.gopherarun.com

LOCATION:

Howland High School Football Stadium

RACE FEATURES:

- **Tec T-shirt** guaranteed to with pre-registration
- Water stations provided
- Computerized race results provided by **Gopher Running**

ENTRY FEES:

- 5K Run (before June 20, 2015) - \$18
- 5K Run (after June 20, 2015) - \$20
- 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 mthTFF Membership/Medal
- 2nd 2 mthTFF Membership/Medal
- 3rd 1 mth TFF Membership/Medal

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 TFF Day Pass and an award

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

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

ENTRY FORM

Name	_____	_____ Male	_____ Female
Address	_____	_____ Age on race day	
	_____	T-shirt Size (Adult sizes)	S M L XL XXL
Phone	_____	_____ Amount enclosed	<i>make checks payable to Trumbull Family Fitness</i>

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 Family Fitness 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 in under age 18.	Date
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