



The 2nd Annual Monster Dash 5K & 1 Mile Family Fun Run

Sunday Afternoon, October 28th, 2018 –12:00 P.M. - Howland, OH

Registration and awards will be at the Shepherd of the Valley Howland Campus
4100 North River Road - Warren, Ohio 44484

- **Course & Location:** The 5 kilometer race and Family Fun Run is held in Howland, Ohio. Registration will begin at 10:30 AM at the Shepherd of the Valley Howland Campus. Both the 5K and 1 Mile courses are flat and run through the independent condo neighborhood.
- **Registration Fees:** The entry fee is \$18 for if registered before race day. Runners can register on race day, beginning at 10:30 AM at the Shepherd of the Valley Howland Campus for the \$20 fee. **The first 200 registrants will receive a Monster Dash T-shirt. Online registration is available at www.gopherarun.com.**
- **Awards:** Overall top three male and female winners will receive prize money. Awards will also be presented to the top two finishers in each of the age groups below. Post-race food and refreshments available for all runners followed by awards at 1:00 PM. There will be a raffle after the awards ceremony.
 - **Prize Money Award for men and women:** 1st - \$100, 2nd - \$75, 3rd - \$50, 1st Master - \$50
 - **Age Groups for men and women** - 19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over

Coordinated: The race is being directed by Gopher Running in conjunction with the Shepherd's Foundation. For further information contact race director **Ted Rupe** at ted.rupe@gmail.com

Bring your family and friends and enjoy one of the finest fun runs in Northeast Ohio. Children's games food, refreshments and entertainment all afternoon. Race proceeds to benefit Second Wind Dreams.

------(Please Print Neatly)-----

In Consideration of the acceptance of this entry, I waive, for myself, my heirs, and assigns, any claims for any injury including death and all damages which I might have against the City of Howland, Gopher Running, Shepherd of the Valley, Howland Police the race directors and all sponsors as the result of any and all injuries which might be received during this contest. This includes injuries due to weather, heat and road conditions.

Name_____ Age_____ Sex_____

Address_____ City_____ State_____ Zip_____

Adult Shirt Size_____ Phone_____

Signature (parent's signature if under 18)_____

Online registration can be done at www.gopherarun.com – using a Pay Pal account or any major credit card.

For mail-in registration - make checks payable to: Shepherd's Foundation

And send to: Monster Dash – c/o June Jagunic – 5525 Silica Rd. Austintown, Ohio 44515