

Stars and Stripes

5K

5K Run

Wednesday, July 4, 2018

Organized by the Trumbull Family Fitness

Online Registration
www.gopherarun.com

LOCATION:

Howland High School Football Stadium

RACE FEATURES:

- **Tec T-shirt** guaranteed to runners registered by June 27th,
- Water stations provided
- Computerized race results provided by **Gopher Running**

ENTRY FEES:

- 5K Run (before June 27, 2018) - \$18
- 5K Run (after June 27, 2018) - \$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

For more information on sponsorship, call 330.394.1565 or write to: Stars & Stripes Run

c/o Trumbull Family Fitness • 210 High St NW • Warren, Ohio 44481

E-mail: Trumbullfitfamilies.com

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

AWARDS

5K Run

Overall top three finishers male & female
Will receive a 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 OHSAA & NCAA regulations

Kids' 50-yard Dash

All children participating in the 50-yard dash will receive an award

ENTRY FORM

Name _____

___ Male ___ Female

Address _____

___ Age on race day

Phone _____

T-shirt Size (Adult sizes) **S M L XL XXL**

___ Amount enclosed

make checks payable to Trumbull Family Fitness

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