

# Howland Township Stars and Stripes 5k



## Monday, July 4, 2022

Online Registration [www.gopherarun.com](http://www.gopherarun.com)

### LOCATION:

Howland High School Football Stadium

### RACE FEATURES:

- Tec T-shirt with registration by June 27th,
- Water stations provided
- Computerized race results provided by Gopher Running

### ENTRY FEES:

- 5K Run (before June 27, 2022) - \$20
- 5K Run (after June 27, 2022) - \$25
- Kids' 50-yard dash - FREE

### EVENTS

Registration: 7:00 a.m.  
5K Race Start: 8:00 a.m.

### AWARDS

5K Run

Overall top three finishers male & female

Will receive a medal

### Top 3 finishers per age group

Age groups consist of:

12 & Under	
13-19	20-29
30-39	40-49
50-59	60-69
70 & Older	

Only one prize awarded to any participant

*\* Student awards presented consistent with OHSAA & NCAA regulations*

For more information on sponsorship, call 330.856.2340 or write to: Stars & Stripes Run  
c/o Rick Clark • 205 Niles Cortland Rd. NE • Warren, Ohio 44484  
E-mail: [clarkster03@aol.com](mailto:clarkster03@aol.com)

Mail to: Stars & Stripes Run  
c/o Rick Clark  
205 Niles Cortland Rd. NE Warren, Ohio 44484

**ENTRY FORM**

Name \_\_\_\_\_  Male  Female  
 Address \_\_\_\_\_  Age on race day  
 \_\_\_\_\_ T-shirt Size (Adult sizes) S M L XL XXL  
 Phone \_\_\_\_\_  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 \_\_\_\_\_