

Howland Schools



Saturday, July 4, 2026

Organized by the Howland Track and Cross Country Programs
Online Registration: www.gopherarun.com

LOCATION:

Howland High School Football Stadium

RACE FEATURES:

- T-shirt with registration by June 28th,
- Water stations provided
- Computerized live race results provided by **Gopher Running**

ENTRY FEES:

- 5K Run before July 1st - \$25
- 5K Run July 1st through race day - \$30
- Kids' 100-yard dash - FREE

EVENTS

- Registration Opens – 7:00 am
- 5K Race Start - 8:00 am
- Kids' 100 Yard Dash – 8:50 am
- Awards – 9:00 am

5K AWARDS

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' 100-yard Dash

All children participating in the 100-yard dash
will receive an award

For more information on sponsorship, call 330-207-2129 or Email - danny.libert@howlandschools.org

**For Mail in entries, complete the form below and mail to:
Gopher Running c/o Ted Rupe – 2533 Davis Peck Road – Cortland, OH 44410**

Mail In Entry Form

Name - _____ Race Day Age - _____ Sex – M / F (circle)

City - _____ State - _____ Phone - _____

Adult Shirt Size – S M L XL XXL (circle)

Release: I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I assume all risks associated with running this race including, but not limited to, falls, contact with other participants, the effects of weather, the conditions of road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release this race and all organizers, sponsors, their representatives and successors from all claims or liabilities of any kind arising out my participation in this event. I also release any photos that may involve me.

Participant Signature (Parent/Guardian if under 18) _____ Date _____