



5K Run/Walk and Free Kids Fun Run

Sunday, April 30th, 2017

Mill Creek MetroParks - Wick Recreation Area

- * Partnering with Aveda, proceeds benefit our local chapter of the Sierra Club *
- * Timing and logistics provided by Gopher Running *

Start Times:

- * 5K Run/Walk: 9:00 am
- * Kid's Fun Run (10 and under): 8:45 am

Registration: Cost is \$25 * Register before March 20th, 2017 and receive a T-Shirt

- * Register online at Gopherarun.com
- * In person at Casal's de Spa and Salon, Canfield or Howland locations
- * Mail registration form to: Casal's de Spa and Salon
4030 Boardman Canfield Road
Canfield, OH 44406

Awards:

- * **Men and Women's Top Finisher in each age group:** 10 & under, 11-15, 16-19, 20-29, 30-39, 40-49, 50-59, and 60 and over.
- * **Kid's Fun Run:** all kids (10 and under) participating will receive a Participation Award
- * For any additional information, contact: Andrea Denise O'Neil or Paul Ciarniello at 330-533-6766 *

Mail the following entry form and check to: Casal's de Spa and Salon * 4030 Boardman Canfield Road * Canfield, OH 44406

Entry Fee: \$25 * Entries received before March 20th, 2017 receive a t-shirt * Make all checks payable to: Casal's de Spa

(Print clearly)

First Name: _____ Age on Race Day: _____ Sex: Male or Female
 Last Name: _____ City: _____ State: _____ Zip: _____
 Address: _____ Phone: _____
 Email: _____ Recommended by: _____

PLEASE MARK ONE: 5K _____ Kids _____ SHIRT SIZE: YM YL XS S M L XL XXL

Race waiver for above specified event—I know that running a road race is potentially a hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including, the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather including high heat and/or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or blades, animals and headsets of any type are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Casal's de Spa and Salon, the H2GO race, the city of Youngstown, Ohio, Mill Creek MetroParks and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. *Parent or Guardian must sign for any participants under 18 years of age*

Signature: _____ Date: _____