

Stars and Stripes 5K



Tuesday July 4th, 2023

online registration www.gopherarun.com

Location:

Howland High School football Stadium

Awards

Overall top 3 finishers male and female will receive a medal

Top 3 finishers per age group

Age groups consist of:

Race Features

* Tec T-shirt with registration by June 27th

*Water stations provided

*Computerized race results provided by Gopher Running

12 & under

13-19 20-29

30-39 40-49

50-59 60-69

70 & older

ENTRY FEE

* 5k Run (before June 27, 2023) \$25

*5k Run (after June 27th, 2023) \$30

*kids 50 yard dash - FREE

ONLY ONE PRIZE REWARDED PER ANY PARTICIPANT

*Student rewards presented with OHSAA & NCAA regulations

EVENTS

Registration: 7:00 a.m.

5k Race Start: 8:00 a.m.

If you have questions please contact

Ann Gebhardt 330-720-5475

ENTRY FORM

Name: _____

_____ Male

_____ Female

Address: _____

_____ Age on day of race

T-shirt size (adult size) S M L XL XXL

Phone: _____

_____ Amount Enclosed

Waiver: In consideration and 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 Paws 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 of free use of my name and/or photo in any broadcast, telecast, or other account of this event for promotional purposes.

Signature

Date

Parent Signature if participant under 18 years old