



5K Run
Tuesday, July 4, 2017

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 23,
- Water stations provided
- Computerized race results provided by **Gopher Running**

ENTRY FEES:

- 5K Run (before June 23, 2017) - \$18
- 5K Run (after June 23, 2017) - \$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

AWARDS

5K Run

Overall top three finishers male & female
Will receive a medal and a one month TFF membership.

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 OHSA & NCAA regulations*

Kids' 50-yard Dash

All children participating in the 50-yard dash will receive a TFF Day Pass and an award

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

ENTRY FORM

Name _____

Address _____

Phone _____

____ Male ____ Female

____ Age on race day

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 _____ Date _____
if entrant in under age 18.