

Stars and Stripes



5K Run & Walk

Saturday, July 4, 2009



**WARREN ORTHOPEDICS
& SPORTS MEDICINE**

Humility of Mary Health Partners

LOCATION:

Howland High School Football Stadium

RACE FEATURES:

- Free T-shirt guaranteed to the first 250 registered runners/walkers
- Water stations provided
- Computerized race results

ENTRY FEES:

- 5K Run (before June 23, 2009) - \$12
- 5K Run (after June 23, 2009) - \$15
- 1 mile Fun-Walk - \$10
- Kids' 50-yard dash - FREE

EVENTS

Registration: 7 a.m.
 1 mile Fun-Walk: 8 a.m.
 5K Race Start: 8:20 a.m.
 Kids' 50-yard Dash: Following 5K finish

AWARDS

5K Run
 Overall top three finishers male & female
 * 1st (\$100), 2nd (\$75), 3rd (\$50)
 Masters (40 and Over)
 1st \$75
 2nd \$50

Top 2 finishers per age group

* 1st (\$25), 2nd (\$20)
 Age groups consist of:
 12 and under 40-49
 13-19 50-59
 20-29 60 and over
 30-39

Only one prize awarded to any participant
 * Student awards presented consistent with OHSAA & NCAA regulations

Kids' 50-yard Dash

All children participating in the 50-yard dash will receive a medal.

For more information on sponsorship, call 330.306.0395 Or write to: Stars & Stripes Run & Walk
 c/o Stacy Baxter • 1806 East Market Street • Warren, Ohio 44483

E-mail: stacey_baxter@hmis.org

Mail to: Stars & Stripes Run & Walk • c/o Stacy Baxter
 1806 East Market Street • Warren, Ohio 44483

ENTRY FORM

Name _____ Male _____ Female _____
 Address _____ Age on race day _____
 _____ T-shirt Size (Adult sizes only) S M L XL
 Phone _____ Amount enclosed _____
make checks payable to St. Joseph Health Center

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 St. Joseph Health Center 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 is under age 18.

Date _____