

Run for The Generations 5k, September 10th, 2017

Spring Grove Cemetery, 4521 Spring Grove Ave. Cincinnati, OH 45232

8 a.m. Registration| 9 a.m. Walk/Run| 3.1 miles Course

Cincinnati Area Senior Services is a non-profit agency that eliminates barriers that prevent seniors from keeping their independence. We provide financial management, transportation, Meals-On-Wheels, guardianship, congregate meals and the social interaction seniors need to stay connected to society.



**We want to celebrate senior adults by walking or running in their honor.
Support our efforts by participating in our 5K.**

Early Registration: Register by September 7, 2017

\$25 for adults \$15 for participants 12 and under.

Register Online: Visit www.RunningTime.net.

Search September races and look for our event. Registration available through 12 noon, Thursday, September 7th.

Special Group rates: Groups of 5 or more get \$5 off each registration cost. Please contact us at 513-559-4501 or smetcalf@Cassdelivers.org for details about discount.

Run Divisions: Under 12, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

Run/Walk Divisions: Under 30, 30-39, 40-44, 45-54, 55-64, 65-74, 75+

Awards: Overall prizes will be awarded to the top male and female runner. Age group award times will be determined by chip time. Overall winners are not eligible for age group awards.

**Be Sure To Purchase Your Cool Dry Performance Race T-Shirt.
Choose From 3 Different Colors!**

Name _____
Address _____ City _____ State _____ Zip _____
Email _____ Phone _____
Date of Birth _____ Age on 9/10/17 _____ Gender: (Please circle) M F
Event: (please check one) Run _____ Walk _____
I want to purchase a T-Shirt @ \$10 (Please circle) **Color:** Lime Green Orange White **Size:** S M L 1X 2X 3X
*Size guaranteed if submitted by 9/1/2017

Waiver: By signing this waiver, I assume all risks for participation in Run for the Generations on September 10th, 2017. I release and hold harmless Cincinnati Area Senior Services, Spring Grove Cemetery, Running Time, LLC and event sponsors (and any/all of their respective employees, volunteers or contractors) from any responsibility for injury or damage to me or my property during the duration of registration through the end of the run. I give CASS permission to use my photo in promotional material to promote organizational services.

Signature _____ (Parent/Guardian Signature for applicants under 18)

- I am enclosing an additional \$ _____ donation in honor or memory of a special senior. Please include name (s) if you would like them listed on the Senior Honor sign at the event. _____
*Donation must be received by 9/2/2017
- I can't participate but would like to support CASS with a tax deductible donation of \$ _____

Mail registration and check made payable to CASS: Cincinnati Area Senior Services post marked by Sep. 4, 2017
2368 Victory Parkway, Suite 300, Cincinnati, Ohio 45206.
For Team/Group Registration and/or Sponsorship Details, contact Shaquanna Metcalf:
smetcalf@cassdelivers.org/513-559-4501

Like us on [Facebook](https://www.facebook.com/CASSinc) for event details and updates!