

Run for The Generations 5K, September 9th, 2018

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

8 a.m. Registration | 9 a.m. Walk/Run | 3.1 Miles

FREE BREAKFAST

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.



In Support Of Cincinnati's Elderly Adults and Local Meals On Wheels Program

Early Registration: Register by September 6, 2018

\$25 for adults \$15 for participants 12 and under 5 and under free

Register Online: Visit www.RunningTime.net. Search September races and look for our event. Discounted registration available until Thursday, September 6th. Same day registration \$30 for adults

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+

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

Awards: Overall prizes will be awarded to top three male and female runners. Overall walkers will be awarded. Age group award times will be determined by chip time.

Be Sure To Purchase Your Cool Dry Performance Race T-Shirt!

Name _____
Address _____ City _____ State _____ Zip _____
Email _____ Phone _____
Age on 9/9/18 _____ Gender: (Please circle) M F
Event: (please check one) Run _____ Walk _____
I want to purchase a T-Shirt @ \$10 (Please circle) Size: S M L 1X 2X 3X
*Size guaranteed if submitted by 9/1/2018

Waiver: By signing this waiver, I assume all risks for participation in Run for the Generations on September 9th, 2018. 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 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. 2, 2018

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



Meeting needs. Promoting independence.

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