



5K Run/Walk & Kids Dash in downtown Adrian

eRace stigma
running for mental health since 2014
and substance use recovery



Sunday May 17th, 2020 at 9:00am
Pre-registration - 8:00am
Early packet pick up - Saturday 16th, 9am

Entry fees:

- \$15.00–Pre-registered 5k participants
- \$5.00–kids dash
- Race day–\$30.00 5k participants

Awards given to top 3 finishers in each age group, male and female (5k)

Registration online by May 13th.
Register before April 17th to guarantee a T-shirt.
Registration available on day of race

Race starts at–Farmers Market Pavilion, Toledo St, Adrian
Route–streets of downtown Adrian
Parking–Toledo Street lot
Medals for all kids dash participants
No pets allowed

All proceeds to support health education programs in
Lenawee County

Scholarships available–contact Kay Ross, 517.263.8905

REGISTER ONLINE at: <https://runsignup.com/Race/MI/Adrian/ERaceStigma5K>

Sponsored By:



SAGE FOUNDATION



Kids Dash
Sponsored By:
Adrian Noon
Rotary and
YMCA



eRace stigma
running for mental health since 2014
and substance use recovery

Mail form and entry fee to:

Kay Ross, Customer Service
Lenawee Community Mental Health
1040 S. Winter Street Suite 1022
Adrian, MI 49221

Phone: 517-263-8905
Fax: 517-263-7616
E-mail: kross@lcmha.org

Find us on

Name _____

Address _____

City _____ State _____ Zipcode _____

Phone _____ Email _____

Signature _____

Signature of parent or guardian _____
if under 18 years of age.

Age on day of race _____

Male / Female (please circle) Adult T-shirt Size: S M L XL XXL

Youth T-shirt size: S M L

Make checks payable to LCMHA

REGISTER ONLINE at: <https://runsignup.com/Race/MI/Adrian/ERaceStigma5K>

I know that running a race is a potentially dangerous activity. I will not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this event. I assume all risks associated with running in this event, including contact with other participants, the effects of the weather, and condition of the roads. I for myself and anyone on my behalf, waive and release the sponsors of this race, supporters and officials, their representatives and successors from all claims of liability of any kind arising out of this event for any legitimate purpose. I also give my consent for any pictures taken at this event to be made public.