



# KIDS DASH!

Sunday May 17th, 2020 at 9:00am  
Pre-registration - 8:00am

Entry Fee is \$5.00

Race starts at Farmers Market,  
Downtown Adrian



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

Race your friends  
Run or walk—just have fun!



For more information –  
contact Kay Ross: 517.263.8905

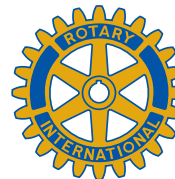
## 5K Sponsored By



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

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

Youth T-shirt size:    S    M    L

Find us on

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.