

MAY 5th, 2016

Cinco De Mayo night!

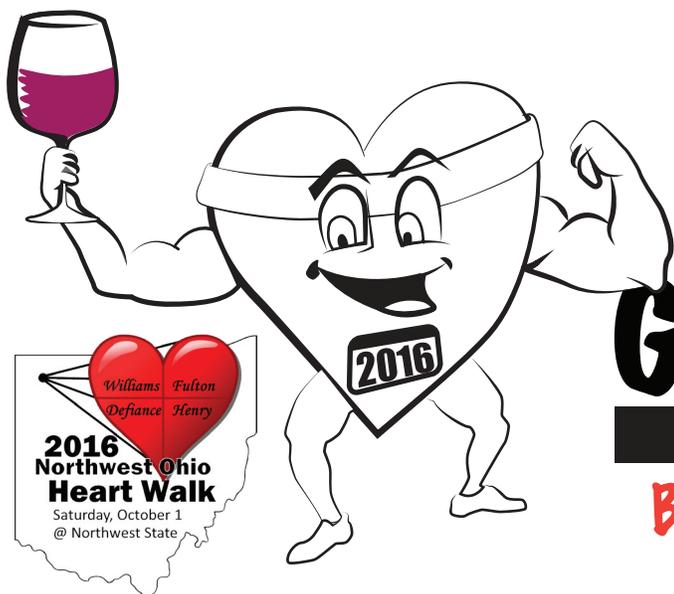
RACE BEGINS @6:30PM

WEIGHTS -N- PLATES | TRAINING + NUTRITION

Glass A Day 5K

3.1 mile Run/Walk

Benefitting the AHA Northwest Ohio Heart Walk



Location: Registration, Start, and Finish will be located inside the old Napoleon Central Middle School Back Parking Lot at Scott Street & 424.

Course: An easy 3.1 mile course will run you along the scenic river. Runners and Walkers of all skill levels are welcome!

Race Entry Fees:

Pre-Registration is \$25 (shirt included)
Pre-registration ends April 24th at Midnight!
Race Day Registration is \$30 (no guarantees on shirt/size) begins at 5:00PM
ALL PARTICIPANTS GET A FREE DRINK TICKET!

Where can I register?

Online at WWW.WEIGHTSNPLATES.COM or

Flatrock Winery & Meadery

127 W. Washington St.
Napoleon, Ohio or

Mail To: 3285 County Road V, Liberty Center, Ohio 43532 | c/o Kevin Heier

CHECKS PAYABLE TO WEIGHTS & PLATES TRAINING

Race Directors:

Kevin Heier 419.654.2149
Alyssa Pitchford 419.966.2328
EMAIL: weightsnplatestraining@gmail.com

Awards: Overall Male & Female, Masters Male & Female, Age Group (Top 3, excludes overall winners—14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & Over) We will announce awards around 7:30PM in the Parking Lot.

After Party: Bring that drink ticket to Flatrock Winery & Meadery (Just a brief walk around the corner). Non-Alcoholic choices also available!

IN CONSIDERATION OF YOUR ACCEPTANCE OF THIS ENTRY, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE ALL RIGHTS FOR CLAIMS AND DAMAGES I MIGHT HAVE AGAINST THE RACE DIRECTOR, WEIGHTS N PLATE TRAINING, THE AMERICAN HEART ASSOCIATION, THE CITY OF NAPOLEON, SPONSORS, AND ALL RELATED PARTIES FOR ANY AND ALL INJURY OR DAMAGE RESULTING FROM PARTICIPATING IN THE ABOVE EVENT. I AM IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN THIS EVENT.

Name: _____ Phone: _____

Age: _____ T-SHIRT size: S M L XL XXL Gender: MALE FEMALE

___YES, you may use or publish my photo taken during this event in news releases and on the web.

___NO, you may NOT use or publish my photo taken during this event in news releases and on the web.

Address: _____ City/State: _____ Zip: _____

Signature: _____ Email (results/info): _____

Parent or Legal Gaurdian If under Age 18 _____

Date: _____