



21st Annual Parkinson's 5K Walk/Run and One Mile Fun Walk

Entry includes:

- Race registration
- Long Sleeve T-shirt*
- Goodie bag
- Trophies for top 3 by age group
- Team photos!

*t-shirt size guaranteed if registered by 9/7/2023



- When:** September 30, 2023
- Entry Fee:** \$30 Pre-Registration; \$35 Race Day Registration
- Location:** Graceway Baptist Church
5010 S Farm Road 135, Springfield, MO 65810
- Course:** Start at Graceway Baptist Church head west on Weaver Rd to McBride Elementary and back
- Registration:** Forms can be dropped off at or mailed to:
The BodySmith/Parkinson's Group of the Ozarks
1136 E St Louis St, Springfield, MO 65806
<https://runsignup.com/Race/MO/Springfield/PoundthePavement>
Or scan the QR Code!
- Packet Pickup:** Friday September 29th from 4PM to 7PM at The BodySmith OR
7:00 AM to 8:00 AM on race day at Graceway Baptist Church
- Questions:** Contact Justin Milam (417) 225-2629
Justin@ParkinsonsGroup.org
[Facebook.com/ParkinsonsGroup5K](https://www.facebook.com/ParkinsonsGroup5K)
- Cause:** The Parkinson's 5K Walk/Run benefits the Parkinson's Group of the Ozarks, whose mission is to educate, support research and improve the quality of life for persons affected by Parkinson's.

ENTRY & RELEASE FORM

YES!

I want to participate in the 21st Annual Pound the Pavement for Parkinson's on September 30, 2023.

Name _____

Address _____

City _____ State _____ Zip _____

Phone () - _____

Email _____

Age on race day: _____ Gender: M F

T-Shirt size: S M L XL XXL XXXL

(If Applicable) What Team are you running with? _____

☐ I can't participate, but please accept my donation

☐ 1 Mile Walk

☐ 5K walk/run

Waiver: in consideration of acceptance of this entry, I know that running a road race is a potentially hazardous activity, and therefore RELEASE AND WAIVE any and all claims for damages against the Parkinson's Group of the Ozarks its members and/or associated agencies, any race workers or volunteers, the city of Battlefield, and Greene County for any injuries or illnesses suffered in this event. I will not enter and walk/run unless I am medically able, physically fit, sufficiently trained, and am not participating against doctor's recommendation. I also give my consent to use my photo or video during the event for media and publicity purposes. By execution of this entry form, I acknowledge having read the entry information and this entry form and agree to the terms thereof.

Date: _____

Signature: _____