

Fowl Play 5k and 1 Mile Walk

Saturday, November 12, 2016

Registration: 8:00 a.m. Race Time: 9:00 a.m.

Sponsored by Plymouth UMC, 970 Plymouth Road, Ashtabula, OH 44004

COURSE: Begins on Plymouth Rd at PUMC, then the course turns south on State Rd South, right on Carson Road, turn back and head north on State Rd South, turn left to run the 1 mile loop on Brick Road.

Registration: \$15.00 Pre-Registration by November 7, 2016
\$20.00 day of race

75 participants will receive a cloth shopping bag and 5k magnet.

Students may participate for FREE!!!

Students, fill out a registration form and bring an item for the food pantry on race day.

All proceeds going to the Coat of Many Colors Clothing Bank and Food Pantry.
This is an Ashtabula Distance Runners Grand Prix Race.

On-line registration:

Awards: Overall male and female winners receive a medal and gift certificate.

First, second, and third place finishers in each age group (Male & Female) will receive ribbons.

Age Groups: 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over

Contact: Heather Harmon at 440-812-1784 or muskie5k@yahoo.com

Race Results: www.ashtabuladistance.runners.org

Make checks payable to: Plymouth UMC Food Pantry

Mail check and entry form to: Heather Harmon 3578 Maple Road Jefferson, OH 44047

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Name: _____ **Gender:** ____ **Age:** ____ (on race day)

Address: _____ **City:** _____ **State:** ____ **Zip:** _____

Emergency Contact #: _____ **Email:** _____

I accept that I compete in this event at my own risk and I hereby waive and release the event, Plymouth Township, Plymouth UMC, and all sponsors, contributors, supporters, and officials associated with the event from all rights and claims for any accident, injury, or loss suffered as a consequence of my participation.

Date: _____ **Signature:** _____

Must be signed by parent (if under 18 years)