



# MIAMI COUNTY PARK DISTRICT'S 2019 TRAIL RUN CHALLENGE

## 5 K R A C E S E R I E S

It doesn't matter  
if you walk or run,  
follow the trail to  
better health 

### GENERAL RACE INFORMATION

- Day of registration & check-in begins at 8 a.m.
- All races are 5K and start at 9 a.m.
- Basic health assessments are offered at every race
- No Refunds. Only one rain date scheduled. Any other canceled race will not be made up
- Prizes awarded for overall top 3 males & females (also the top 3 males & females in each age group)

### REGISTRATION FEES:

REGISTRATION	Individual	Team*	Student
Early (with t-shirt)*	\$20	\$15	\$15
Early (no t-shirt)	\$15	\$10	\$10
Late & Day Of (no t-shirt)	\$25	\$20	\$15
Series (5 shirts included)*	\$80	\$80	\$80

- \* Deadlines for early registration are listed with race locations & dates
- \* Must be on a team of 10 or more to be eligible for discount
- \* Includes 5 individual race shirts & eligible for 1 series shirt - register by April 14 (must preregister for series & participate in 3 of the first 4 races to get series shirt)

### FOR INFORMATION:

**CALL: 937-335-6273**  
**EMAIL: MWEAVER@MIAMICOUNTYPARKS.COM**  
**VISIT: MIAMICOUNTYPARKS.COM**

### REGISTER AT:

**CANTSTOPRUNNINGCO.COM**

LOCATION	DATE	EARLY REGISTER BY
Hobart Urban Nature Preserve	April 28	April 14
Garbry Big Woods Reserve	June 9	May 23
Lost Creek Reserve	July 14	June 30
Stillwater Prairie Reserve *	August 11	July 28
Charleston Falls Preserve	Sept. 15	August 29
Rain Date	Sept. 22	

\* Race route includes crossing the river

### HOW TO REGISTER:

ONLINE: [CantStopRunningCo.com](http://CantStopRunningCo.com)

BY MAIL: Make checks payable to Miami County Park District  
 Miami County Park District  
 Trail Run Challenge  
 2645 E. St. Rt. 41 Troy, Ohio 45373

### TEAM CHALLENGE:

This is a great way to get fit together! Make it part of your health and wellness program or as a team building activity. Details at [MiamiCountyParks.com](http://MiamiCountyParks.com).

### THANK YOU SPONSORS



NAME: \_\_\_\_\_ GENDER:  F  M

TEAM NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

AGE (RACE DAY): \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_

SHIRT SIZE:  YL  S  M  L  
 XL  2XL  3XL

RACE: If you are registering for a single race, please check the corresponding race box. Check series if you are signing up for the entire series.

- Series  Hobart  Garbry Big Woods  
 Lost Creek  Stillwater Prairie  Charleston Falls

I hereby release the Miami County Park District, all sponsors, coordinating groups and all individuals associated with the Miami County Park District and their representatives, from any and all claims that may arise as a result of my participation in this event. I certify that I am physically fit and assume all risks associated with my participation in this event.

SIGNATURE: \_\_\_\_\_

(Parent signature if entrant is under 18)