

Lake Township FISH 5K Run/Walk

Saturday, June 10, 2017

Lake High School Stadium

11858 North Market Avenue—Uniontown



Purpose:

To support Lake Township FISH, a Food Pantry and a source of temporary emergency assistance for people in need in the Lake Township area. FISH is completely

supported by the community. The food cupboard is supplied by food donations from area churches and schools, and by purchasing items from the Akron-Canton Food Bank and local stores. The financial support is raised by local interests such as churches, individuals, businesses, and proceeds from FISH-sponsored events. FISH is a 501(c)(3) nonprofit organization.

Course: The 5K Run/Walk involves a USATF - certified road course.

Registration: On-line registration at www.rsracingsystems.com closes at Noon on Friday, June 9th. Same day registration begins at 7:00 AM (cash or check only) on race day.

Awards for Timed Events:

Overall Winners: The top 3 male and top 3 female finishers of each timed race will receive a prize.

Age Group Winners: The top male and female finishers in each age group of each timed race will receive an award.

Age Groups:	01-14	15-19	20-29	30-39
	40-49	50-59	60-69	70+

Events and Entry Fees:

Kids FUN Run @ 8:00 AM = FREE

(no registration required.) Kids of all ages are welcome to participate. Parents are encouraged to accompany their children. This 1/2 mile run will provide a fun format to introduce this great sport to our younger generation. All finishers will receive an award.

Timed Run @ 8:30 AM = \$20.00 pre-registered by April 30. (\$25.00 after April 30 and on Race Day) **

NEW Timed Walk @ 8:30 AM...ABSOLUTELY NO running! Officials will disqualify anyone not walking! = \$20.00 pre-registered by April 30. (\$25.00 after April 30 and on Race Day) **

NEW Fun Walk @ 8:30 AM (NO bib numbers, not timed) = \$20 ages 16 and older, \$10 children **
OR

Fun Walk only **without a T-shirt** = \$15 ages 16 and older, \$5 children.

****T-Shirts:** Pre-registered participants in the timed Run/Walk are guaranteed a T-shirt if registered by May 31st. Those registering after the 31st will receive a T-shirt on a first come/first serve basis. "Fun Walk" participants may choose to register for a T-shirt or not.

Extras: Participants will receive a goodie bag, 5K white oval, and a complimentary photo strip from the Photo Booth. All timed participants will also receive a coupon for a 6" subway sandwich.

Questions: Please contact the Race Director at fishracedirector@gmail.com

Additional donations are welcome and can be sent on the registration web-site or mailed to "Lake Township FISH at P.O. Box 611, Hartville, Ohio 44632"



Save the Date

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Timed Run @ 8:30 - \$20.00 pre-registered by April 30. (\$25.00 after April 30 and on Race Day).

Timed Walk @ 8:30 - **ABSOLUTELY NO running! Officials will disqualify anyone not walking!**
\$20.00 pre-registered by April 30. (\$25.00 after April 30 and on Race Day).

Fun Walk @ 8:30 (NO bib numbers, not timed) = \$20 age 16 and older, \$10 children. This price includes a T-shirt. **OR** Fun Walk only without a T-shirt = \$15 age 16 and older, \$5 children

Please send to: Lake Township FISH P.O. Box 611 Hartville, OH 44632

CUT & Send-----ONE ENTRY PER FORM-----CUT & Send

First Name: _____ Last Name: _____ Sex: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____ Birth Date: _____ Age on race day _____

Emergency Contact Name: _____ Phone: _____

Optional for competitions. Please complete all that apply.

Church _____ School _____ Business _____

Race Category: _____ 5K Timed Run \$20 (\$25 After April 30)	_____ 5K Timed Walk \$20 (\$25 After April 30)
_____ Fun Walk Adult (age 16 and older) w/T-shirt \$20	_____ Fun Walk Adult (age 16 and older) NO T-shirt \$15
_____ Fun Walk Kid w/T-shirt \$10	_____ Fun Walk Kid no T-shirt \$5

T Shirts - Circle size: Adult: S M L XL XXL XXXL (add \$2 for XXL and \$3 for XXXL) **OR** Youth: S M L

TOTAL paid for this participant (cash or check) _____

In consideration of this entry being accepted, I hereby, for myself, my heirs, my executor, administrators, and assignees do hereby discharge Lake Township, the City of Hartville, Lake Local Schools, Lake Township FISH, the Lake Township churches, the race officials, volunteers and all sponsors or their representatives from all liabilities, claims, damages, demands, or actions whatsoever in any manner arising, relating, associated with and/or growing out of the Lake Township FISH 5K Run/Walk, including but not limited to my participation therein. I attest and verify that I have full knowledge of the risks involved in this event and that I am physically able and sufficiently trained to participate in this event. I hereby grant full permission to any or all of the foregoing to use any photographs, video tapes, motion pictures, recordings, and/or other records of this event for any legitimate purpose. Entry fees are non-refundable. The race officials reserve the right to reject entries. By signing below, I understand and agree to this waiver and release.

Signature of Runner/Walker

Date

Signature of Parent/Guardian if under 18