



CYF YOU MATTER 5K

SUNDAY, MAY 5TH AT 12:00PM
COLLEGIAL WOODS TRAIL AT OUZ/ZSC CAMPUS

RACE INFO: Join us Sunday, May 5th for our third **CYF You Matter 5k** at the scenic Collegial Woods Trail and Ohio University Zanesville and Zane State College campus. This event serves to bring awareness about the mental health struggles we all face and how we must strive to help each other through dark times. We give everyone the opportunity to come out and let yourself and others know that despite any obstacles you face, you have worth

and you matter!

Proceeds raised at this event will support The Muskingum County Suicide Prevention Coalition.

AWARDS: Awards will be issued to the **Top Three Overall Finishers** and male/female in each of the following age categories:

14-under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+ Walkers are welcome!

PACKET PICK-UP & RACE DAY REGISTRATION: Race Day registration and packet pick-up will be at the start of the Collegial Woods Trail behind the OUZ/ZSC Campus beginning at 10:30 A.M.

RACE PACKETS & FINISH LINE PERKS: Your Race packet will include a race shirt with the logo, finish line foo, and beverage. Early sign up is encouraged as this allows the race director to prepare for the number of participants and ensures shirt availability to all. Extra T-shirts will be first come first serve on race day.

ENTRY FEES: (non-refundable)

5k Run/walk \$25 - through April 19 – **Late Entry \$30 April 20 to race day**

*Registration forms and fee made out and mailed to: The Muskingum County Community Foundation, Attn: CYF You Matter 5K, 534 Putnam Avenue, Zanesville, OH, 43701

RACE CONTACT: For any questions please contact Race Director Christy Rahrig @ (740) 453-5192

Race Details or Register online at www.muskingummultisports.com

Name: _____ Tel. # _____

Address _____

City/State _____ Zip _____

E-mail _____

5K Run/Walk _____
Age _____ (Day of Race) M/F _____
Race Day T-shirts (ADULT):
S _____ M _____ L _____ XL _____ 2XL _____ 3XL _____

Waiver: In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against The Muskingum County Community Foundation, the Muskingum County Community Youth Foundation, The Muskingum County Suicide Prevention Coalition, Muskingum Multisports, Ohio University Zanesville, Zane State College, Muskingum Valley Parks District, You Matter 5k Participants, Event Organizers, Volunteers, Land Owners, all sponsors and their representatives, support staff, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature (If under 18-parent/guardian)

Date