



## Glow With the Flow Twilight Run 5k Run/Walk & Kid's Run/Walk

A fun filled course featuring lights, music and a disco ball  
Proceeds benefit CollinCaresCureCancer Foundation

**Friday, Early Evening August 4th 2023**

1 mile starts at **7:45PM**

5k Run/Walk starts at **8:15PM**



**Root Middle School**

**333 W. Sturbridge Medina, Oh 44256**

### Entry fees:

5k: \$30 (\$35 after July 21st 2023)

1 mile kid's Run/Walk: \$15 (\$20 after July 21st 2023)

**Awards:** Top 3 finishers in age groups. Times will be posted

\*Kids Fun Run/Walk participants will receive ribbons

Participants will receive glow-in-the dark items to wear for the race as well as race t-shirts.

Name: \_\_\_\_\_ Tel # \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

**Check one:** 5k Run/Walk \_\_\_\_\_ Kid's 1 Mile Run/Walk \_\_\_\_\_

**Age:** \_\_\_\_\_ **M/F:** \_\_\_\_\_

**T-Shirt Sizes:** Youth: S M L  
Adult: S M L XL XXL

Make Checks Payable to: CollinCaresCureCancer

Waiver: By 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 race, and sponsors and their representatives, 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 foot race, 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 \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian if under 18 \_\_\_\_\_

\*No refunds will be issued for any reason

\*CollinCares will follow all COVID guidelines issued by the  
Medina County Health Dept.

**GCXC**  
**RACE TIMING & MANAGEMENT**