



Ashtabula County One Life Community Run/Walk

Saturday, September 9, 2023

Registration: 7:45a.m.

Race Time: 9:00a.m.

NEW COURSE! Three (3) mile run and one (1) mile walk on the **Western Reserve Greenway Trail**. Race will begin and end at the **Lampson Road Staging Area (2540 Lampson Road, Austinburg, OH 44010)**.

Registration Fees: \$20 pre-registration fee for either the 1-mile walk and 3-mile run. Race day registration is \$20 for either the 1-mile walk and 3-mile run.

Race t-shirt guaranteed for first 50 people registered. All participants must register.

Awards: Awards for 3-mile run will be given to the Top Female & Top Male Overall, and the Top three in each age group: 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 up.

Sponsors: Ashtabula County Mental Health and Recovery Services Board, Members of the Ashtabula County Suicide Prevention Coalition, Ashtabula County LOSS Team, and many other local donors (Complete Sponsor list will be available day of race).

Contact Information: Bridget Sherman (440) 992-3121 or bsherman@ashtabulamhrs.org

Ashtabula Distance Runner Club: Information and results at www.ashtabuladistancerunners.org

Ashtabula County One Life Community Run / Walk	Sept. 9, 2023
Event: 3 mile run _____ 1 mile walk _____	
Make Checks Payable to: <u>Ashtabula County MHRs Board</u>	
Mail to: 4817 State Road, Suite 203, Ashtabula Ohio, 44004	
Name: _____	Gender: _____ Age: _____ T-shirt Size: _____
Address: _____	City: _____ St: _____ Zip: _____
Phone #: _____	Email: _____
Walking to honor someone: (Please Circle) Yes No	
Name of Honoree (optional): _____	
I accept that I will compete in this event at my own risk, and I hereby waive and release the event, Ashtabula Plymouth Township, Stasny Road Racing, LLC, 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. By signing this waiver, you are giving permission for Stasny Road Racing, LLC permission to publish video and photos online and on social media. The race fee is not refundable, and bib swapping is not permitted.	
Date: _____	Signature: _____
(Must be signed by parent if under 18)	