



Ashtabula County One Life Community Run/Walk

September 9, 2017

Registration: 7:45a.m.

Race Time: 9:00a.m.

Course: Three (3) mile run and one (1) mile walk down the Ashtabula gulf, over the longest covered bridge and into Plymouth Township (recently metered). Race will begin and end north of the intersection of Rt. 84 and State Road.

Registration Fees: \$20 pre-registration fee for both the 1 mile walk and 3 mile run, due by **September 1, 2017**. Race day registration is \$20 for both 1 mile walk and 3 mile run. T-shirts guaranteed for first 75 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: Members of the Ashtabula County Suicide Prevention Coalition, Ashtabula County LOSS (Local Outreach for Suicide Survivors) Team

Contact Information: Bridget Sherman (440) 992-3121 or ashtabadmhbd@suite224.net

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

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Event: 3 mile run _____ 1 mile walk _____

Make Checks Payable to: **Ashtabula County MHRS Board**

Mail to: 4817 State Road, Suite 203, Ashtabula Ohio, 44004

Name: _____ Sex: _____ 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, 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.

Date: _____ Signature: _____

(Must be signed by parent if under 18)