



MH Friends of Mothers and Infants

STROLL & ROLL

9.22.19

5K RACE & 1 MILE FUN RUN



Join us to help raise money to support the MetroHealth Friends of Mothers & Infants, serving families in need in the Cleveland area. www.mothersandinfants.org

Runners & walkers welcome in 5K (Stroller Division) & 1 mile races

DATE: Sunday, September 22, 2019

TIME: 7:45am - 8:45 am Race-Day Registration & Shirt/Bib Pick-Up
9:00am Princess/Super Hero Dash & 1 Mile Fun Run
9:30am 5K Run (including the Stroller Division)

ROUTE: Race starts and ends at West Park Station Restaurant & Bar. The course wraps through the tree-lined streets of West Park. Kids are encouraged to wear princess and super hero costumes, and strollers are welcome!

POST RACE PARTY: Post Race specials for the whole family at West Park Station Restaurant & Bar

REGISTRATION FEE: Pre-registration \$25.00 Race Day Registration: \$30.00

MAIL-IN REGISTRATION: All mailed entries must be received by Tuesday, September 17, 2019. Make checks payable to **MH Friends of M & I** and mail entries to: **Peace Racing, PO Box 771298, Lakewood, OH 44107**

ONLINE REGISTRATION: Register online at www.peaceracing.com, by 11:59 pm on Friday, September 20, 2019.

AWARDS FOR 5K: Top 3 Men, Top 3 Women and Top 3 in Stroller Division.

MORE INFO: Peace Racing: 216-538-8748, www.peaceracing.com, or email at dano@peaceracing.com

TEAM REGISTRATION: Team Registration: 5 or more \$18 each (must mail or register online together).

Name: _____ Age: _____ Male Female (circle)

Address: _____ Select Division: 5K 1 Mile Fun Run

City: _____ State: _____ Zip: _____ 5K Stroller (separate prize category)

Email: _____

I am not able to participate in the run but please accept my donation of \$ _____.

T-shirt size (circle one): XXL XL Large Medium Small Youth Large Youth Medium

* Shirts are not guaranteed for participants that register after September 10th.

Waiver/ Release: (must be signed by participant): In consideration of the acceptance of my entry, I hereby waive on behalf of my heirs, executors and assigns, all claims of any nature arising from my participation in the Stroll & Roll 5K Race and 1 Mile Fun Run and do hereby release Peace Racing LLC., the city of Cleveland, MetroHealth Friends of Mothers & Infants and all sponsors, workers, officials and volunteers from any claim whatsoever arising from my participation in this event. The undersigned further assumes the risk of all dangerous conditions in and about the City of Cleveland both real and personal and waive any and all specific notice of the existence of such dangerous conditions, if any. I attest and certify that I, or my child, is/am physically fit and sufficiently prepared to endure the said distance of this event. I, or my child, have/has not been advised against participating by a qualified health professional. Additionally, I give my full permission to Peace Racing, LLC and their sponsors and corporate partners to use any photographs or other recordings that are made during the course of this event.

Participant signature _____ Date _____

Parent/Guardian signature (for all participants under 18) _____ Date _____