



# Labor Day

## Monday, September 3rd, 2018 at 10 am

### Tri-Valley High School

### 46 E Muskingum Ave. Dresden, Ohio 43821

#### **ROSSSTRONG 5K RUN/WALK FOR SUICIDE AWARENESS AND PREVENTION**

Join us Labor Day Monday, September 3 for a 5k run/walk through Dresden, Ohio. This race is in memory of our friend Camden Ross and to help raise money for a cause that has been very real and devastating to many in our local communities. All proceeds raised will benefit The Muskingum County Suicide Prevention Coalition and The American Foundation for Suicide Prevention

**RACE COURSE:** Participants will start at Tri-Valley High School and head down the hill to Dresden River Park where they will enjoy the tree lined Dresden bike trail before retuning back into the quaint village of Dresden enjoying the scenery as they follow several village Streets offering that Home town feel. Water stations will be along the course. The 5k Run is a TIMED event, the 5k Walk is a NON-TIMED event. Walkers that would like to eligible for award should register for the 5k Run. Timing services provided by Muskingum Multisports.

**AWARDS:** Engraved Trophies will be issued to the **top three overall Male and Female finishers** and medals will be awarded to the top three male and female finishers in each of the following age categories: 14-under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ Walkers are welcome!

**EARLY PACKET PICK-UP & RACE DAY REGISTRATION:** Race day registration and packet pick-up will begin at 8:00am and will be in front of the High School

**RACE PACKETS:** Your race packet will include a race-shirt with the official race logo, finish line food and beverage. **All participants registered by August 20th are guaranteed a Race T-shirt.** Extra t-shirts will be first come first serve on race day.

**ENTRY FEES:** (non-refundable)

5k Run \$20.00 – Through August 20<sup>th</sup> – **Late Entry \$25.00 August 21<sup>st</sup> to race day**

5k Walk \$20.00 – Through August 20<sup>th</sup> – **Late Entry \$25.00 August 21<sup>st</sup> to race day**

All participants registered by **August 20th** are guaranteed an official RossStrong race day T-shirt.

**\*Registration forms & fee made out and mailed to: Muskingum Multisports, P.O. Box 414 Dresden, OH 43821**

**RACE CONTACT:** For any questions please contact Race Director Carrie Lyall at 740-819-8246

**More Race details or register online at [www.muskingummultisports.com](http://www.muskingummultisports.com)**

Name: _____ Tel. # _____  Address _____  City/State _____ Zip _____  E-mail _____	<b>PLEASE FILL OUT COMPLETELY BELOW:</b> Age _____ (Day of Race) M/F _____  5K Run _____ 5K Walk _____  Race T-shirts (ADULT):  S _____ M _____ L _____ XL _____ XXL _____ XXXL _____
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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 Village of Dresden, Tri-Valley School District, Muskingum Multisports, 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: \_\_\_\_\_

Parent Guardian signature, if under 18: \_\_\_\_\_

**RossStrong 5k**