



Dash 4 Stash 5k Run/Walk
Saturday, Oct. 6th at 4:00pm
John Glenn High School
13115 John Glenn School Rd.
New Concord Ohio 43762

RACE INFO: Please join us for the 3rd annual dash 4 stash 5krun/walk in memory of the late John Stashonsky. My boys and I really enjoy keeping his memory alive by having this 5k to give back in his name so we give two John Glenn scholarship's away each year to 2 graduating seniors. This is a very important event to help us heal and to know he would love helping give back to the community.

Proceeds raised at this event will support - The JG Football boosters and the John Stashonsky memorial scholarship.

AWARDS: Awards will be issued to the **top three overall finishers** and 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!

PACKET PICK-UP & RACE DAY REGISTRATION: Race Day registration and Packet pick-up will be located at the front doors of John Glenn high school - Starting at 3:00pm

RACE PACKETS & FINISHLINE PERKS: Your Race packet will include a T-shirt with the official race logo, finish line food and beverage. **All participants registered by Sept. 23rd are guaranteed a Race T-shirt.** Extra t-shirts will be first come first serve on race day.

ENTRY FEES: (non-refundable)

5k Run/walk \$25 -through Sept. 23rd – **Late Entry \$30 Sept. 24th to race day**

All participants registered by Sept. 23rd are guaranteed a Race T-shirt.

*Registration forms and fee made out and mailed to:

John Glenn Football Boosters @

John Glenn Football Boosters - Attn. Dash 4 Stash, P.O. Box 286, New Concord, Ohio 43762

RACE CONTACT: For any questions please contact Race Director Julie Stashonsky @ (740) 255-0228

Race Details or Register online at www.muskingummultisports.com

Name: _____ Tel. # _____

Address _____

City/State _____ Zip _____

E-mail _____

PLEASE FILL OUT COMPLETELY BELOW:

5K Run/Walk _____

Age _____ (Day of Race) M/F _____

Race Day T-shirts:

(ADULT): S _____ M _____ L _____ XL _____ 2XL _____

(YOUTH): S _____ M _____ L _____ XL _____

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 Dash 4 Stash run, East Muskingum School District and their respective directors, officers, employees, affiliates, Muskingum Multisports, Dash 4 Stash Participants, 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 (If under 18-parent/guardian)

Date

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