

STOW FIRECRACKER RUN

**38th Annual event!!!
3K FUN RUN AND 4-MILE RACE**

IT'S A TRADITION!

Monday, July 4, 2016

**4-Mile starts at 7:30 am
3K Fun Run immediately following**

Holy Family Church, 3179 Kent Road in Stow

**4-Mile - \$30 pre-registration; \$35 day of race
3K Fun Run - \$20 pre-registration; \$25 day of race**

FIRST 500 ENTRANTS RECEIVE A COMMEMORATIVE TECH-SHIRT

Pre-registration and race packet pick-up: **Sunday, July 3, 4 - 8 pm Holy Family Lower Church Hall, Kent Rd.**

Race day registration and race packet pick-up will be from 6:00 am - 7:15 am

THREE WAYS TO REGISTER:

(Pay by credit card, cash or check made payable to City of Stow)

ONLINE

StowOhio.recdesk.com
(No family discount given online)

IN PERSON

Stow Parks & Recreation
3760 Darrow Rd, Stow OH 44224

MAIL IN THIS FORM

Stow Parks & Recreation
3760 Darrow Rd, Stow OH 44224
MUST be postmarked by June 25

RULES: No pets allowed to participate with race contestants. Strollers NOT permitted in 4-mile race, but ARE permitted in the 3K Run only.

AWARDS: 3K FUN RUN FOR ALL AGES, WALKERS & RUNNERS. All finishers receive finisher's ribbon. Top male & female receive special award.

4-MILE RUN—OUT AND BACK COURSE ON RT 59 (Parade route). Overall awards for top three males and females; overall master male and female winner; awards also given to top three males and females in the follow age divisions: 14 & under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64 and 65 & over.

Cut Here

In consideration of your accepting this entry, I hereby, for myself, heirs, executors, and administrators, waive and release any and all rights and claims for any damages I have against the sponsors and officials of the Stow Parks and Recreation Department's 4-mile and 3K runs to be held on July 4, 2016. I attest and verify that I am physically fit and have trained sufficiently for this race. I hereby further attest and certify that I am familiar with the hazards of warm weather running including heat prostration and exhaustion. I am voluntarily entering this race with full knowledge of all the potential hazards of road racing, and this waiver and release is predicated upon a full understanding of said hazards and a willingness of voluntarily assuming any risks in connection thereto.

REGISTER ME FOR THE: (CIRCLE ONE)

3K FUN RUN

4-MILE RUN

NAME (PRINTED) _____ BIRTHDATE _____ AGE _____ SEX _____

ADDRESS _____ CITY/STATE _____ ZIP _____

EMAIL ADDRESS _____ DAYTIME PHONE _____

PLEASE CIRCLE T-SHIRT SIZE:

YTH-M YTH-L

SIGNATURE _____ DATE _____

ADLT-S ADLT-M ADLT-L ADLT-XL ADLT-XXL

(PARTICIPANT SIGNATURE and/or PARENT SIGNATURE FOR PARTICIPANTS UNDER 18)