



GRAND LAKE™  
HEALTH SYSTEM

**Landen's 5K— For SIDS Awareness**

**Date:** Saturday —May 1, 2021  
**Time:** Run/Walk at 9:00 a.m. (Registration 8:00 a.m.)  
**Location:** Mill Park Shelter House at 120 E. High Street ,  
St. Marys, Ohio 45885.



**Online Registration available at :**  
<https://runsignup.com/Race/OH/SaintMarys/Landens5kForSIDSawareness>

*A Grand Lake Health System "Road to Fitness" Event!*

**Pre-Registration Form**

**Individual Runner/Walker** - Runner / Walker (all chip timed) \$20 Amount \$ \_\_\_\_\_

Name: \_\_\_\_\_ Age day of event \_\_\_\_\_

Address: \_\_\_\_\_ Male \_\_\_\_\_ or Female \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Phone \_\_\_\_\_

Email: \_\_\_\_\_

T-shirt size: \_\_\_\_\_ T-shirt provided with **pre-registration due by April 16, 2021** (Adult sizes: S - 4XL)  
\_\_\_\_\_ Children sizes available through **preorder due by April 16, 2021** (Youth sizes S-M-L)

**Due to the need for compliance with COVID precautions,  
same day registration will be limited.**

I hereby release and discharge the Grand Lake Health System, JTD Hospital Foundation, Can't Stop Running, Event Sponsors and their representatives or agents, from any liability for injuries or illness which may be directly or indirectly result from the participation in this event. I attest that I am physically fit and have sufficiently trained for this race.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_