



GRAND LAKE™ HEALTH SYSTEM

Landen's 5K— For SIDS Awareness

Date: Saturday — May 4, 2019
Time: Run/Walk at 9:00 am
(Registration 8:00 am at the first shelter house)
Location: East Bank Road , St. Marys, Ohio



Online Registration available at www.cantstoprunning.com
A Grand Lake Health System "Road to Fitness" Event!

Pre-Registration Form

INDIVIDUAL Runner/Walker - \$20 Each (Runner will be chip timed) Amount \$ _____

Name: _____ Age day of event _____

Address: _____ Male or Female (Circle)

City, State, Zip: _____ Phone _____

Email: _____

T-shirt size: _____ T-shirt provided with pre-registration due by April 12 (Adult sizes: S - 4XL)
_____ Children sizes available through preorder due by April 12 (Youth sizes S-M-L)

TEAM ENTRY - \$20 per adult entry (includes shirt, chip timing and raffle prize eligibility); T-shirt provided with pre-registration, due by April 12 (Adult sizes S - 4XL; Youth sizes: S - M - L)

TEAM Name: _____ **Phone Contact:** _____

#1 Participant	_____	Age _____	Male/Female _____	Shirt size _____
#2 Participant	_____	Age _____	Male/Female _____	Shirt Size _____
#3 Participant	_____	Age _____	Male/Female _____	Shirt Size _____
#4 Participant	_____	Age _____	Male/Female _____	Shirt Size _____
#5 Participant	_____	Age _____	Male/Female _____	Shirt Size _____

Make check payable and mail with the pre-registration form to:
JTD Hospital Foundation, 200 St. Clair Street, St. Marys, Ohio 45885 or
Register at www.cantstoprunning.com

Or pay with Visa MasterCard Amex Discover

Card # _____ Exp. Date _____ / _____ Code _____

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: _____

New this year... A Costume Contest. Come dressed in your favorite costume and prizes will be awarded for best dressed, along with the usual "timed" awards!