



American
Red Cross

August 27, 2016
Check-in 7:00 p.m.
Race Starts 9:00 p.m.
Shawnee State University



WHAT IS GLOW THE DISTANCE 5K RUN?

- A family friendly fun event
- Runners & Walkers Welcome
- Kids Fun Run
- Proceeds support Dr. Kimmely Hochstetler in her quest for the 2017 DWOS Mirror Ball Trophy and the life-saving programs of the local American Red Cross

SCHEDULE

7:00 p.m. Last Minute Registration & Packet
Pick Up Open at Start/Finish
Location
8:30 p.m. Last Minute Registration & Packet
Pick Up Closes
8:30 p.m. Kids Fun Run begins
(ages 12 and under)
8:40 p.m. Costume Contest
9:00 p.m. 5k Start
9:30 p.m. DJ Starts Bustin' Jams

REGISTRATION

5K - \$20

(postmarked August 1, 2016)

5K - \$25

After August 1, 2016

REGISTRATION FEE

INCLUDES:

5K

Glow the Distance Tee Shirt

Glow Stick

Goody Bag

Refreshments before & after run

Post race after party

Kids Fun Run - \$10

ONLINE REGISTRATION at tristateracer.com



**Dancing With
Our Stars**

March 25, 2017
SOMC Friend's Community Center
Portsmouth, OH





August 27, 2016
9:00 p.m.
Shawnee State University



ENTRY FORM

(All entry fees are non-refundable)

ONLINE REGISTRATION

<http://www.tristateracer.com/event.php?RaceID=8788>

NAME _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

GENDER: Male ___ Female ___

DATE OF BIRTH: _____

ADULT SHIRT SIZE (S-XXL) _____

I will be participating in the: ___ 5K run

___ Kids Fun Run

WAIVER: I know that running a road race is a potentially hazardous activity and I should not compete unless I am medically fit and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with participating in this event including but not limited to: falls, contact with the other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I grant permission to all of the foregoing to use photographs of this event for any legitimate purpose. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I myself and anyone entitled to act on my behalf, waive and release The American Red Cross, the city and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____ Date _____

Parent/Guardian Signature if under 18 year _____ Date _____

Enclosed is my check for:

_____ \$20 - 5K Run

_____ \$10 - Kids Fun Run

MAKE CHECK PAYABLE TO:

American Red Cross

Please mention "Glow Run 5K" in the memo line

MAIL ENTRY TO:

American Red Cross
1801 Robinson Avenue
Portsmouth, OH 45662

For More Information call 740-354-3293

Entries must be postmarked by August 1 for the discount price of \$20



**Dancing With
Our Stars**

March 25, 2017
SOMC Friend's Community Center
Portsmouth, OH

