

Walk with a Lymph 5k Run/Walk

Houston High School

5300 Houston Road Houston OH 45333

Saturday, March 19, 2016

5k Start: 9 AM

Fun Run Start: 8:40 AM (1 mile)



David's Battle is Our Battle

Supporting Him Until He Wins



Register online at: CantStopRunningCo.com

Race Day Registration: 7 AM – 8:30 AM in school commons

Entry Fee \$25 w/shirt Preregistered by Feb. 26th

(shirt not guaranteed after Feb. 26th)

\$20 w/o shirt

Race Day \$25 w/o shirt

Fun Run \$ 2 w/o shirt

All proceeds go toward David Stammen and family to help fight against Anaplastic Large Cell Lymphoma Stage 4

Course: Start in school parking lot, down Smith Road and end on finish line of track

Awards: Awards to 1st male & female Overall and 1st, 2nd, and 3rd of each age group (NO Duplications)

Age Groups: Women: 10 and under, 11-15,16-19, 20-29, 30-39, 40-49, 50-59, 60 and over

Men: 10 and under, 11-15,16-19, 20-29, 30-39, 40-49, 50-59, 60 and over

Detach and return to: Angie Rosenbeck 4026 Newport Road Fort Loramie, OH 45845

Make checks payable to: **David Stammen's Cancer Fund**

Name _____ Age on race day _____ Sex _____

Address _____ Zip _____ Phone _____

E-mail Address _____



Shirt Size ___S___M___L___XL___XXL (add \$2.00)

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event and am in good health and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation I this event, including the right of any Official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in the event including but not limited to: falls, contact with other racers, 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 understand that bicycles, skateboards, roller skates, or roller blades are not allowed in this race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive, and release The David Stammen Cancer Fund and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event, even through the liability may arise out of negligence of carelessness on the part of the persons names in this waiver.

Name _____ Date _____