

4th annual **Judgement Free 5K** & 1 Mile Walk/Roll/Shuffle



Fitness is for Everyone!

WHEN

WHERE

HOW

Findlay, Ohio Sign up at Planet Fitness in

Registration begins at 8:30 AM

Run/Walk begins at 10 AM

Riverbend Recreation Area

Saturday, Sept. 22, 2018

Findlay or at runsignup.com. Our vision is to include WHAT

people of all abilities in a fun, judgement free event that promotes physical activity. The 1 Mile Walk/Roll/

Shuffle is fully accessible, and we welcome those with wheelchairs, strollers, service animals, etc.

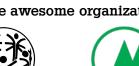


100% of the proceeds from this event are donated directly to these awesome organizations:



BOYS & GIRLS CLUB





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Stick around after the race for our kick-butt post-race party! Like our Facebook page for updates.





Can't make it to the race? Don't sweat it! Register as a virtual runner, and you can run/walk anywhere you like. We'll send you a t-shirt, and you can post a picture from your run on our Facebook page for a chance to win prizes.

Register by Sept. 3 💭 to guarantee a t-shirt!

Return this form with payment to Planet Fitness in Findlay, OH or sign up online at runsignup.com!

Name: _____

Email:			
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Address: _____

City: _____ State: _____

Zip: _____ Age (on race day): _____

Gender: M / F Shirt Size: S M L XL XXL

I will be participating in the...

□ 5K	Early Bird Special (thru Aug. 17): \$20 Regular Registration: \$25 Race Day Registration: \$30		
🗆 1 Mile Walk	Early Bird Special (thru Aug. 17): \$15 Regular Registration: \$20 Race Day Registration: \$25		
□ Virtual Race	Regular Registration (must register by Sept. 3): \$25		

Please read and sign the waiver form below. In consideration of this entry, I hereby for myself, heirs, executors and administrators waive and release any claims that I may have against Ohio Fit LLC dba Planet Fitness or any of the volunteers or sponsors involved in the Judgement Free 5K and 1 Mile Walk/Roll/Shuffle. I certify that I am physically able to participate in this event.

Signature: _____

Date: _____

If under 18, signature of guardian:

Date: _____

Please make checks payable to Planet Fitness.





the friendliest 5K on the planet