



FIRECRACKER 5K, 10K, & 1M Run/Walk

To benefit LIVESTRONG at the YMCA

July 4, 2023

An Ashtabula Distance Runners Grand Prix Event



About This Event: The Firecracker 5k & 10k is more than just a run. This event supports LIVESTRONG at the YMCA, a program that offers adults affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person. There is a 5K run/walk, 10k run, and a 1 mile fun run and stroller derby for parents and kids. The 5k and 10k are timed events. Timing by Stasny Road Racing, LLC.

LIVESTRONG

FOUNDATION

Stroller Derby/Fun Run: Decorate yourself or your stroller to look like the 4th of July and enjoy a 1-mile fun run/stroller derby. Creativity counts! Some will win prizes! Every child will receive a ribbon.

Registration: 5K/10K: Available online at stasnyroadracing.com/upcoming-events/
Fun Run: Available at Ashtabula YMCA or online at ashtabulaymca.org

Fees: Stroller Derby/Fun Run: ___\$16/person or ___\$45/family
10K Race: ___\$26 through 6/3/23 ___\$31 through 7/2/23 ___\$36 Race Day
5K Race: ___\$16 through 6/3/23 ___\$21 through 7/2/23 ___\$26 Race Day

Event Location: Ashtabula County YMCA, 263 W Prospect Rd, Ashtabula, OH, 44004 Phone: (440) 997-5321

Packet Pick-Up: Packet pick up and race day registration will be available from 7:00-8:15 am on race day, July 4, 2023. All race day registrations will be \$26 per person 5k, \$36 per person 10k. Race begins at 8:30am, fun run/stroller derby at 10:00am.

T-shirts: Participants will receive a t-shirt on check-in while supplies last.

Awards: Presented to the top male overall, top female overall, and the top 3 males and females in each age group: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and up.

Registration Form: (Circle One) 5k Walk/Run 10k Run Stroller Derby/Fun Run

Name: _____ Sex: (circle) M F Birth Date: _____ Age: _____

Address: _____ City, State, Zip: _____

Phone: _____ Email: _____

Shirt Size: Youth Med Youth Large Adult Small Adult Med Adult Large Adult XL Adult XXL

Disclaimer/Hold Harmless Statement

I/we understand that there is a risk of serious injury associated with the use of the YMCA facilities, participation in YMCA programs and use of exercise and other equipment. As a condition of my participation I agree to assume the risk of injury arising from my use of the facilities, programs, equipment and for all other matters at all YMCA locations or programs whenever occurring. On behalf of myself and my heirs, administrators and executors, I hereby release and hold the YMCA and its officers, trustees, employees, agents and contractors including Stasny Road Racing, LLC harmless from all such claims for injury and damage. I understand that I would not be permitted to participate in any YMCA program or use any YMCA facility or equipment without signing this agreement.

I/we authorize the Ashtabula County YMCA or its designees, agencies and contractors to create, have and use photographs, slides and videotapes containing my image for its record keeping or marketing/public relations programs.

By signing this waiver you are giving permission for Stasny Road Racing, LLC to add your email to their database. The participant is also giving Stasny Road Racing, LLC permission to publish video and photos online and on social media.

Signature: _____ Date: _____
(Parent/Adult Signature)