

Seventh Annual

# IHM 5K MUSTANG 5K

## & 1 Mile Fun Run/Walk

# Saturday, May 4

This year proceeds from the race will go toward a new IHM playground. The current playground has served many decades of happiness for our student body, but the time has come to invest in a new structure. With your support, our students can look forward to enjoying a new playground structure in 2019.

May 4, 2019 | 9:00 a.m. | Immaculate Heart of Mary School | 2859 Lillis Drive | Cuyahoga Falls



### REGISTRATION

Online at [ihm5k.com](http://ihm5k.com)

via RunSignUp with easy, multiple family member registration ability and **no processing fees!**

**Pre-registration: \$25 until 4/20 \$30 from 4/21 - 5/3**

Race Day Registration - \$35

### AWARDS

Top 3 Overall Male and Female

Top Student, Alumni and Faculty

Top 3 Males & Females in the age divisions listed below:

8 & under, 9-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over

### FAMILY-FRIENDLY FUN

- Raffle Prizes
- Live Music in the Gym
- Best Costume Contest
- Area Team Mascots
- Food and Refreshments
- Chip Timing
- NEW! Super Soft T-Shirts



**Paper/Mail-in Registration Deadline - April 5 | Register Online at [ihm5k.com](http://ihm5k.com)**

I certify that I am adequately trained, physically fit, and capable of participating in this running event and I recognize the significant risks involved, such as exhaustion, physical injury, heat stroke, dehydration, and vehicle and pedestrian traffic. In consideration of allowing my participation in the this race, I hereby waive and release all claims and liabilities arising directly or indirectly out of, or relating to my participation in that event, and I further agree to indemnify and hold harmless Western Reserve Racing LLC, the City of Cuyahoga Falls, Diocese of Cleveland, Immaculate Heart of Mary, the facilities, our sponsors, and their respective directors, trustees, officers, affiliates, agents, contractors, representatives, and volunteers from all losses, costs, liability, damages, and claims arising from my participation. I also grant permission for photographs, video, and audio recordings to be made and to use, distribute, transmit, publish, copy, or otherwise exploit any such material, whether in news releases, promotional packages, websites, or in any other manner or form and by any medium. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

Make checks payable to: IHM PAG. Mail to: IHM Mustang 5K, 623 Tanglewood Trail, Cuyahoga Falls, OH 44223

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Age (Day of race): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

I am including an additional donation to IHM School of: \_\_\_\_\_

Signature (Parent or Guardian if under 18) \_\_\_\_\_

Category:  Student , Classroom \_\_\_\_\_  Alumni  Faculty

I am participating in:

5K  1 Mile

T-Shirt size:

Cotton  Tech shirt add \$4

S  M

L  XL

XXL

Youth:

S  M  L