

13th Annual Jeff Shiff Run the Res

September 17th, 2023

Fostoria, Ohio

5K Run/Walk and Kids Fun Run

All proceeds to benefit Fostoria Community Cancer Center

Parking will be available at Fostoria Water Park and City Park

(Event Parking Signs)

Registration will be at the shelter house at the City Park

Start Times:

9:00 to 10:45 a.m.: Registration and Packet Pick-Up

10:00 a.m.: Kids Fun Run

11:00 a.m.: 5K

**** Competitive Chip Timing will be used !!!**

Kid's Fun Run: 400 Yards: Ages 3 to 9

(All participants will receive a ribbon)

\$15.00 Pre-Registered *(shirt guaranteed)*

\$20.00 Register Day of Race

(shirt not guaranteed)

Entry Information

Pre-Registration before September 5, 2023

5K \$30.00 Pre-Registered with soft cotton t-shirt *(shirt guaranteed)*

\$35.00 Register Day of Race
(shirt not guaranteed)

For complete information, questions and to sign up
online visit:

runtheres.org

Contact us at: info@runtheres.org

Official Entry Form for Run the Res *(Please complete all fields)*

Name: _____
(First) (Last)

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age *(on day of race)*: _____ Gender: M or F

Email: _____

Shirt Size:

Adult Soft T-shirt: S M L XL (XXL XXXL please add \$3.00)

Child's T-shirt: S M L XL

Race you are participating in

Kids Fun Run 5K

****We will not send shirt or refund money to participants that register and then decide not to participate****

Wavier: In consideration of this entry being accepted, I hereby for myself, my heirs, executors, administrators, and assigns waive and release any and all claims for damages including consequential, I may have against the City of Fostoria, he sponsors, the race committee, race officials, and their representatives, successors and assigns for any and all injuries suffered by me or my child athlete at this race. I certify that the athlete has trained sufficiently to participate in this race. I also give permission for the free use of my name and picture in any broadcast, telecast, website or print media account of this event.

Signature

Date

Signature of guardian if participant is under 18

Date

Send Entry and Make Checks Payable:

Susie Shiff: C/O Fifth Third Bank 220 Perry Street Fostoria, Ohio 44830