



REGISTRATION



MAIL REGISTRATIONS TO:

HEALTH FIT
208 Columbus St.
Hicksville, OH 43526

For more information or questions, call Health Fit at Community Memorial Hospital, 419-542-5680 or email kkemerer@cmhosp.com.



CONSENT & LIABILITY



ALL ENTRANTS MUST SIGN WAIVER (PARENTS/GUARDIAN IF UNDER 18)

By participating in this race/ride, I, for myself, my spouse, assigns, heirs, successors, executors, administrators, and legal representatives, hereby acknowledge and agree to assume any and all risks arising out of any actions, conduct, behavior, or events occurring or related to my participation in the race/ ride; and I fully and completely release and waive any and all claims, complaints, causes of actions or demands of whatever kind (including without limitation, any claims of negligence) which I have, or may have in the future against Community Memorial Hospital, heir affiliates, predecessors, and successors and all their directors, officers, employees, volunteers, and agents arising out of any actions, conduct, decisions, behavior or events occurring or related to my participation in this race/ walk/ride. I understand that my name, address, photograph, voice and/or likeness may be used in promotions or advertising materials. I consent to such uses and waive any rights of privacy or publicity I may have in connections with those uses.

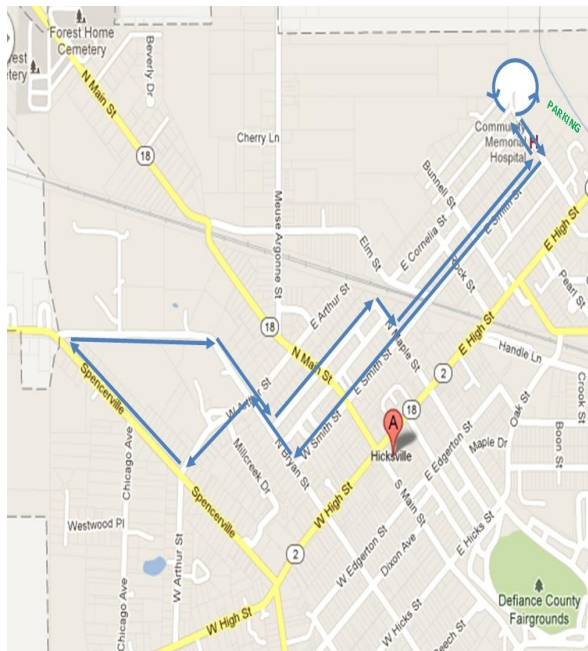
I have read and agree to the above.

Participant Release Signature

Date

Parent/Legal Guardian Signature (if under 18)

Date



Thanks to everyone who is volunteering their time, and to the Hicksville Mennonite Church for donating the snacks for after the race.



Community Memorial Hospital

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HEALTH FIT

208 Columbus St.
Hicksville, OH 43526

Phone: 419-542-5680

Fax: 419-542-1503

E-mail: kkemerer@cmhosp.com

Web Site: www.cmhosp.com



2017 FIT WALK & RIDE

**Saturday,
May 20, 2017**

Community Memorial Hospital

208 Columbus St.

Hicksville, Ohio 43526

Proceeds will be donated to the

**Community Memorial Hospital
Foundation.**



Health Fit

**REHABILITATION & WELLNESS
OF COMMUNITY MEMORIAL HOSPITAL**



BIKE RIDE

Community Memorial Hospital presents its 8th annual Bike Ride. The 10 Mile Bike Ride will begin and end at Healthfit of Community Memorial Hospital and will take a southerly route towards Antwerp. We will have a 10 mile route. Helmets are not required but are encouraged for safety.



BIKE RIDE INFORMATION

- ⇒ Registration begins at 8:00 AM.
- ⇒ 10 Mile Fun Ride begins at 8:30 AM. Awards will be given for oldest and youngest to complete the 10 Mile Fun Ride.
- ⇒ There is no rain date, so dress appropriately.
- ⇒ Fruit and muffins will be available after the ride.

Proceeds will benefit the *Community Memorial Hospital Foundation.*



5K RUN / WALK

Community Memorial Hospital is hosting its 23rd annual Fit Walk & 5K Competitive Run. Also, 1 mile Free Fun Walk (t-shirt not included), dogs (on a leash) and strollers welcome. The event will begin and end at HealthFit of Community Memorial Hospital. Bring the whole family!



5K RUN / WALK INFORMATION

- ⇒ Registration begins at 8:00 AM.
- ⇒ 5K race will start promptly at 8:40 AM with 5K walkers and Fun Walk beginning immediately after.
- ⇒ The course is 100% pavement.
- ⇒ There is no rain date, so dress appropriately.
- ⇒ Awards will be given for 1st, 2nd, and 3rd for age groups, 10-29 years, 30-45 years, and 46 years-up, in the 5K Run.
- ⇒ Awards will be given to the oldest and youngest participants to complete the 5K Walk. Kids 1-9 yrs old free with parents, no T-shirt.
- ⇒ Water and spotters will be available along the course.
- ⇒ Fruit and muffins will be available after the run.
- ⇒ Bandanas for dogs, if pre-registered



RUN, WALK & RIDE REGISTRATION



Copies Accepted **Please Print**

Last Name: _____

First Name: _____

Address: _____

City: _____

State/Zip: _____

Phone: _____

Email: _____

Age: _____ Female Male

Emergency Contact: _____

Phone: _____

Registration Fee: \$20

T-Shirt Size (if registered by **5/5/17**):

S M L XL XXL

The pre-registration deadline is May 5th to receive an event t-shirt. (Entries will be accepted after May 5th and on the day of the event, however, those entrants will not receive an event t-shirt.)

- 5K Run** **10 Mile Bike Ride**
- 5K Walk** **Dog too!!**
- Fun Walk**

PRE-REGISTER BY MAY 5TH TO RECEIVE YOUR EVENT T-SHIRT

Total enclosed \$ _____
All checks payable to: CMH

PLEASE SIGN WAIVER →