

ENTRY FORM

Return this form with your check by March 22, 2010.

PLEASE PRINT

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE NUMBER _____ AGE _____ SEX (M/F) _____

EMAIL _____

T-SHIRT SIZE: S M L XL XXL

EVENT: (Choose 1) 5K Run 5K Walk

Age Category: (as of March 28, 2010)

14 & Under 15-19 20-29 30-39

40-49 50-59 60 & Over

Please enter me in the Strides of March 5K Run & Walk. I understand that running a road race is a potentially hazardous activity and should not participate unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: heart attack, stroke, dehydration, exhaustion, falls, contact with other participants, the effects of weather, traffic and course conditions. I therefore release and discharge Deepwood Foundation, HMA Promotions Inc., The Holden Arboretum and their staff, volunteers and sponsors from liability for any injury, harm, loss damage, or inconvenience occurring to either myself or the named applicant during participation in this event. I hereby grant permission to the Deepwood Foundation and their sponsors to use any photographs, video and/or audio recordings or any record of this event for legitimate purposes.

SIGNATURE _____ (Parent or Guardian Signature Required if Under 18)

SPACE IS LIMITED, PLEASE REGISTER EARLY

STRIDES OF MARCH 5K RUN & WALK

Make checks payable to: DEEPWOOD FOUNDATION

Mail to: Deepwood Foundation

8121 Deepwood Boulevard
Mentor, OH 44060

To Register Online go to www.Active.com or
www.hmapromotions.net

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The Deepwood Foundation is recognized by
the Internal Revenue Service as a 501 (c)(3)
organization.



Deepwood Foundation

Presents

13TH ANNUAL STRIDES OF MARCH 5K RUN & WALK

**IN SUPPORT OF THOSE WITH
DEVELOPMENTAL DISABILITIES**

Sunday, March 28, 2010

8:30 AM Start Time

at The Holden Arboretum

WELCOME TO THE THIRTEENTH ANNUAL ★ STRIDES OF MARCH ★ 5K RUN & WALK

All proceeds from the Strides of March 5K Race will benefit children and adults with mental retardation and developmental disabilities.

COURSE DESCRIPTION

The 3.1 mile race course winds along beautiful Sperry Road through The Holden Arboretum in Kirtland, Ohio. The out and back course is fully paved and is slightly hilly. Sperry Road will be closed for the duration of the race to ensure the utmost safety of our participants.

COST

The non-refundable pre-registration entry fee is \$18.00. The race day fee is \$20.00. Each pre-registered participant will receive a T-shirt and a raffle entry. This years race will be limited to 400 participants, so please register early.

RACE CATEGORIES

*Male and female categories are divided by age group (see entry form). **No bikes or rollerblades, please.***

AWARDS

Trophies will be presented to the top three finishers overall and the top three runner finishers in each age category by gender and top three walker finishers by gender. The awards ceremony will begin immediately following the finish of the race. Race results will be posted online at www.hmapromotions.net.

DIRECTIONS

A map is included on the back page with The Holden Arboretum clearly indicated. Call The Holden Arboretum at 440-946-4400 for directions.

RACE PACKET PICK-UP

Runners are encouraged to pick up pre-registration packets the day before the race. Pre-registration will be available from 12:00 noon to 2:00 p.m. on March 27th at the Deepwood Center Administration Building at 8121 Deepwood Blvd. in Mentor (directly south of Great Lakes Mall).

RACE DAY SCHEDULE

Registration 7:30 a.m.
Race Begins 8:30 a.m.
Awards Ceremony Immediately Following

The mission of the Deepwood Foundation is to make grants and gifts to programs and activities supporting persons with mental retardation and developmental disabilities; to aid such persons directly, where appropriate; and to promote community awareness of the needs and abilities of disabled persons.

FOR MORE INFORMATION, CALL (440) 350-5208.

DEEPWOOD
FOUNDATION

The vision of the Deepwood Foundation is to provide support for individuals of all ages with developmental disabilities to achieve their full potential.



The Holden Arboretum is open year 'round and spans over 3,500 acres. Explore ponds, gardens, forests, fields and natural areas. Holden offers guided tours, gentle walks, rugged hikes and classes for all ages. Borrow binoculars, field guides and Discovery Packs free of charge. In winter, bring your own equipment for cross-country skiing. There's a family festival for every season. Visit Holden at www.holdenarb.org or call 440-946-4400.