



# All for Abs

Come Finish the Race

June 16th, 2018

5K Run/Walk  
And Kids Fun Run



**DATE:** June 16, 2018

**REGISTRATION:** Paper District Marina

**RACE INFORMATION:** 5K (3.1 mi) in Downtown Sandusky benefiting the Abigail Bastien Scholarship

**CHECK-IN TIME:** 8:00am 5k Runners/Walkers

**RACE START TIME:** 9:00am 5k Runners/Walkers

Kids Fun Run After the 5K Start

**FEE:** \$20.00 Preregistration by June 1st, \$25.00 Race Day

**KIDS FUN RUN:** \$2.00 (12&Under, No shirt included)

**AWARDS:** Medals for first male and female finisher overall. Medals for top male and female runner in each age group. Medals for overall 2nd and 3rd place runners in each age group (19&Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70&above)

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**One form per participant. Shirt included in \$20.00 early entry fee. Individual shirts \$10.00. You can also register online at <https://runsignup.com/Race/OH/Sandusky/AllforAbs5K> (web fee \$2.50).**

LAST \_\_\_\_\_ FIRST \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_ GENDER (PLEASE CIRCLE) M F AGE \_\_\_\_\_

EVENT \_\_\_\_\_ 5K RUN/WALK \_\_\_\_\_ KIDS FUN RUN

ADULT SHIRT SIZE \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL

YOUTH SHIRT SIZE \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L

In signing this registration for myself or for my entrant (when under 18) I understand the intent of this release and agree for myself, my heirs, and assignees, to absolve all of the sponsors, organizers, and associated entities, be they individuals or organizations, singly and collectively, of all blame for any injury, misadventure, harm, loss, or inconvenience suffered as a result of participating in the All for Abs 5K Run/Walk, and will allow publication of any photos or quotes acquired during the event.

Runner/Walker Signature (Required) \_\_\_\_\_

Signature of Parent/Guardian If Under 18 (Required) \_\_\_\_\_

**Make checks payable to: Abigail Bastien 5K**

Return form and payment to: Jen Galloway: 6903 Portland Rd., Sandusky, OH 44870

Email: [jengalloway816@gmail.com](mailto:jengalloway816@gmail.com)

Unable to participate? A donation would be greatly appreciated and can be sent to the above address.