



# PARKINSON'S STEADY STRIDES

Saturday, June 3, 2017 9:00am Start Time  
The Lindner Family Tennis Center Mason, Ohio

## REGISTRATION

\$33 for runners and walkers (through 5/1)  
\$38 registration (5/2 through 5/31)  
*Includes: technical race shirt, honor & memory cards, post-race snacks & entertainment*

**Online** at parkinsoncincinnati.org/steady-strides  
registration closes on May 31<sup>th</sup>, 2017 at 11:59pm

**Mail** your check and form, postmarked by May 29, 2017  
To Parkinson Support & Wellness  
260 Stetson Street, Suite 2300 Cincinnati, OH 45219

**Race Day** at the Tennis Center starting at 7:45am  
Cash, check and credit cards accepted  
*Race shirt is NOT guaranteed after May, 15<sup>th</sup>, 2017*

Sorry, no refunds. No rain date.

## RACE DAY SCHEDULE

7:45am – Event Check-in  
9:00am – 5k Run & Walk  
Raffle, "Lil' Striders" Fun Run & Awards will immediately follow the conclusion of the race

## COURSE

Chip timed 5k (3.1 miles) with optional early turn off.  
Lil Striders Fun Run – free for kids 12 & under

## PARKING

Free parking at the Lindner Family Tennis Center  
Parking pass available for those with mobility concerns

## PACKET PICK UP

Thursday, June 1<sup>st</sup> from 11:00am - 7:00pm  
Friday, June 2<sup>nd</sup> from 11:00am - 6:00pm  
at Mojo Running (8777 Cincinnati-Dayton Road)



## PROCEEDS BENEFIT

Parkinson Support & Wellness exists to help those with PD learn about the disease through educational events, and to then empower them to take control by connecting individuals with local resources like support and exercise groups.

Donations to Steady Strides go directly to programs that make a positive impact on the lives of people with Parkinson Disease, their caregivers, families and loved ones. **All money raised stays in the Tri-State to fund PSW programs.**

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**USE ONE FORM PER REGISTRANT**

(Please circle one)

Runner

Walker

Donation ONLY

Name -----

Team Name -----

Address -----

Age (as of 6/3/17) -----

City ----- State ----- Zip -----

Gender M F

Email -----

Phone -----

T-Shirt Size *for registrations submitted by 5/26/17*

Men S M L XL XXL Women XS S M L XL Youth S M L

Parking Pass Y N

*for those with mobility concerns*

In consideration of registration, I, the undersigned, assume full and complete responsibility for any injury or accident, which may occur during the event or while I am on the premises of the event. I hereby release and hold harmless Parkinson's Support and Wellness, Inc., sponsors, promoters, and all other persons and entities associated with the event. I assume the risk associated with this event including but not limited to falls, contact with other participants, the effects of weather, the conditions of the road, etc., such risk being known and understood by me. Fees are not refundable. I attest that I am physically fit and sufficiently trained to participate in this event. I have read the foregoing and certify my agreement by this signature or my parent or guardian.

Signature -----

Date -----

QUESTIONS? Call us at (513) 558-0113 or email info@parkinsoncincinnati.org