

# SPARK MOTHERHOOD

# 5K

courage to start  
strength to finish

**June 30 | 9:30am**

## **Watson and Tressel Training Site**

All proceeds benefit start-up expenses for Spark Motherhood, an organization striving to reduce the effects of Postpartum Depression and Psychosis by providing wellness services for mothers and families.

Local vendors will be present along with raffle baskets inside the WATTS for those not participating in the walk/run.

Registration before June 5: \$20 | after June 5: \$25 | Includes event t-shirt.

Registration: 9:30 | Walk: 10:00 | Run: 10:30

Please return the bottom of this form and make checks payable to:

Kelly McKee-Foos

1200 Timbercrest St, Youngstown, Oh 44505

You may also pay via Venmo (kellymckeefoos) or CashApp (\$kellymckeefoos)



First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone Number \_\_\_\_\_

Email Address \_\_\_\_\_

Gender: Male Female Age \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

I will be participating in: 5K Run 5K Walk

WAIVER: I have full knowledge of and assume the risks involved in training for and participating in a running event and represent that I am physically fit and sufficiently trained to participate therein.

I agree to abide by any decision of a race official relative to the determination of my ability to complete the run. In consideration of your accepting this entry, I for myself and anyone entitled to action on my behalf, waive and release from any and all claims for injuries and/or damages I may have against Youngstown State University, any sponsor, their representative, officers and successors from all claims/liabilities of any kind arising out of my participation in this event.

Signature \_\_\_\_\_

Date \_\_\_\_\_

(Signature of participant or parent/guardian, if under 18.)