



## 5K Run/Walk & Kids Dash in downtown Adrian

**eRace stigma**  
running for mental health since 2014



**Sunday September 26th, 2021 at 9:00am**  
Early packet pick ups will be scheduled  
the week before

**Entry fees:**

- \$15.00—Pre-registered 5k participants
- \$5.00—kids dash

Awards given to top 3 finishers in each age group, male and female (5k)

Registration online, **No Day of Race Registrations**  
Registration will be available online up until the night before.

Register before August 7th to guarantee a T-shirt.

Race starts at—Farmers Market Pavilion, Toledo St, Adrian  
Route—streets of downtown Adrian  
Parking—Toledo Street lot  
Medals for all kids dash participants  
No pets allowed

All proceeds to support health education programs in  
Lenawee County

Scholarships available—contact Kay Ross, 517.263.8905

REGISTER ONLINE at: <https://runsignup.com/Race/MI/Adrian/ERaceStigma5K>

**Sponsored By:**



Kids Dash  
Sponsored By:  
Adrian Noon  
Rotary and  
YMCA



**eRace stigma**  
running for mental health since 2014  
and substance use recovery

**Mail form and entry fee to:**

Kay Ross, Customer Service  
Lenawee Community Mental Health  
1040 S. Winter Street Suite 1022  
Adrian, MI 49221

Phone: 517-263-8905  
Fax: 517-263-7616  
E-mail: [kross@lcmha.org](mailto:kross@lcmha.org)

Find us on

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zipcode \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Signature \_\_\_\_\_

Signature of parent or guardian \_\_\_\_\_  
if under 18 years of age.

Age on day of race \_\_\_\_\_

Male / Female Adult T-shirt Size: S M L XL XXL  
(please circle)

Youth T-shirt size: S M L

Make checks payable to LCMHA

REGISTER ONLINE at: <https://runsignup.com/Race/MI/Adrian/ERaceStigma5K>

I know that running a race is a potentially dangerous activity. I will not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this event. I assume all risks associated with running in this event, including contact with other participants, the effects of the weather, and condition of the roads. I for myself and anyone on my behalf, waive and release the sponsors of this race, supporters and officials, their representatives and successors from all claims of liability of any kind arising out of this event for any legitimate purpose. I also give my consent for any pictures taken at this event to be made public.