

Ashtabula County

7th Annual

FURocious 5K Run/Walk

& ¼ Mile Kids Fun Run

VIRTUAL RUN!!

VIRTUAL RACE

1. What is it?

- You register for the event and run 3.1 miles wherever you want between **NOW and August 31st**.

2. What do I do after I complete my run?

- Email raceinfo@acapl.org or text (440)413-9250 with your name and 5k finish time

3. How do I pickup my shirt and medal?

- Stop by the APL on the days listed under packet pickup. Remember, only 5k participants registered by 8/22 get a shirt.

QUESTIONS?? Contact:

raceinfo@acapl.org or (440)413-9250

EVENT WEBSITE:

acapl.org/furocious5k/

Run anytime from now until August 31st

Events & Fees

Kid's Fun Run ¼ mile @ Anywhere, USA

- \$3.00** Pre-registered- shirt not included (kids receive a ribbon)

5K Run/Walk @ Anywhere, USA

- \$20.00** Pre-registered (t-shirts only guaranteed if registered by 8/22)

Packet Pickup

APL 5970 Green Rd

Ashtabula, Oh 44004

SEPTEMBER 3rd-6th during open hours

Online Registration

<http://www.greaterclevelandxc.com/>

Awards:

- First Overall Trophy (Male and Female 5K)
- Medals to top 3 in each age group (5k)
- Participation ribbons (Kids Run)

Age Groups: 14 & under, 15-19, 20-24,

25-29, 30-34, 35-39, 40-44, 45-49,

50-54, 55-59, 60-64, 65-69, 70 & over



Name: _____ Age on Race Day: _____

Event: 5K RUN/WALK. or KIDS FUN RUN

Gender: M or F * T-shirt size: S M L XL XXL

Address: _____

City: _____ State: _____ Zip: _____

Phone: () -

Email: _____

Make Checks payable to :
ACAPL

Mail bottom part of form with
entry fee to:

ACAPL Race
Attn: Natalie
3058 Latimer Rd
Rock Creek, OH 44084

In addition to my entry/shirt fee, I would like to donate: \$5 \$10 \$15 \$20 \$_____

***Shirts only guaranteed to 5k participants registered August 22nd. Additional shirts available for \$12.00**

****All donations are tax deductible, but you should consider discussing this with a tax professional.**

Waiver (Please read and sign below): I hereby understand that upon my entry in the Virtual FURocious 5K run/walk and kids fun run, I waive all claims or damages that I may have against ACAPL, promoters, sponsors or any individual involved in the production of this race in regards to any and all injuries suffered by me while running, traveling to or from or participation in this event for myself, my heirs and/or assignors. I give my full permission to the ACAPL and their sponsors and corporate partners to use any photographs, videotapes, or other recordings of me that are made during the course of the event and to email me about future APL events & promotions.

Signature(Parent's/Guardian's signature if under 18) _____ Date _____