



5K on September 27, 2014 at Defiance College

(Chipped Timing)Race: 9:00 a.m. /Check in: 7:30 a.m. @ George M. Smart Athletic Center

Pre-register (by Sept. 22 & get T-Shirt) Runners: \$15 / Walkers: \$10/ After Sept 22: \$20: (no T-shirt)

You may pick up pre-registered packets at George M. Smart Athletic Center on the Defiance College Campus on Friday, September 26 from 4 to 7:30 p.m.

Register at davesraces.com OR complete & mail in with a check.

Name _____ Age (on race day) _____



Address _____

E-mail _____ Phone _____

Gender M F Check One Runner (\$15) Walker (\$10)

T-Shirt Size XS S M L XL XXL

Waiver of liability: I, the undersigned in consideration of the acceptance of my entry and participation in this event, waive any and all claims which I and my heirs or assigns may now or hereafter have against the Defiance College, related sponsors, volunteers, officials, or One Step At a Time organizers which may directly or indirectly result from my participation in the One Step At a Time 5K run/walk. I further warrant and represent that I am in proper physical condition to participate in the One Step At a Time 5K and am not participating in this event against physician's advice nor am I taking medications which would impair my health or ability to participate in the One Step At a Time 5K.

Signature (or Guardian if participant under 18) _____ Date _____

Make checks to: One Step At A Time Mail to: RoseAnn Barth, 25882 Bowman Rd., Defiance, Oh 43512

www.onestep5krunwalk.org



Depression is Treatable. Suicide is Preventable.

April 6, 2006 I became not only a mother and wife but a "survivor of suicide". My son, Scott, at the age of 16 completed suicide. My passion in life has now become the voice for my son and others who think that there is no help and they are alone in the internal battle. So will you please come and walk or run for those who have decided that they no longer can? If you are committed to our message, but not quite ready for a 3.1 mile run/walk, we also have an easy 1 mile walk.

On race day, you will also see our "Stomp on the Stigma" campaign. This display will contain 180 pairs of shoes. Each empty pair of shoes represents 1 of the 180 young lives lost to suicide in the state of Ohio in 2010. The hope is that this visual display will help raise awareness to stomp on the stigma surrounding mental illness and suicide. You can see this powerful display on the Defiance College campus the day of the race.

Let your steps be a voice that suicide is preventable and depression is treatable!

Sherri Hammersmith

Proceeds benefit the **Four County Suicide Prevention Coalition**
for local programming and awareness

