



## 5K on September 29, 2018 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. 14 & get free T-Shirt.

Runners: \$25 / Walkers: \$20 / After Sept 14: \$25: (no T-shirt)

Runners: ALL TEENS ARE FREE WITH A REGISTRATION

Hula Hoop Contest prior to the awards for 12 & under. Prizes awarded.

Hula Hoop Contest at approximately 10:00 a.m.

Register at [davesraces.com](http://davesraces.com) OR complete & mail in with a check.



Name \_\_\_\_\_ Age (on race day) \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

Gender ☐ M ☐ F

Check One

☐ Runner (\$25)

☐ Walker (\$20)

T-Shirt Size

Adult: XS ☐

S ☐

M ☐

L ☐

XL ☐

XXL ☐

Youth: XS ☐

S ☐

M ☐

L ☐

XL ☐

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 \_\_\_\_\_

Checks payable to: One Step At A Time Mail to: Charlene Schlatter, 15032 Campbell Rd., Defiance, Oh 43512

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[www.onestep5krunwalk.org](http://www.onestep5krunwalk.org)

### 5K on September 23, 2017 at Defiance College

(Chipped Timing) Race: 9:00 a.m. /Check in: 7:30 a.m.

Location: George M. Smart Athletic Center at Defiance College

Pre-register by Sept. 14 & get free Dry Wick Shirt.

Runners: \$25 / Walkers: \$20 / After Sept 14: \$25: (no T-shirt)

All Teens are free with a registration

### 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 of my son and others who think that there is no help and they are alone in their 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.

Proceeds from the event will benefit the education of our youth about suicide prevention in the Defiance County area schools. We need to let them know it is better to "lose that friendship than a friend".

*Proceeds used to fund local programming and awareness in all Defiance County School Districts.*