



Saturday, Oct. 2, 2021 9:00am Start Time
Lindner Family Tennis Center, Mason, Ohio

REGISTRATION

- \$40 registration (9/1 through 10/2)
- Entry fee includes one optional Honor or Memory card, and shirt if registered by 11:59pm on 9/15/2021.
- Race shirt is NOT guaranteed after Sept. 15, 2021
- Online at parkinsoncincinnati.org/steady-strides registration closes on Sept. 30, 2021 at 11:59pm
- Mail your check and form, postmarked by 9/15/2021
 - o To Parkinson Support & Wellness
 - o 260 Stetson Street, Suite 2300 Cincinnati, OH 45219
- Race Day at Lindner Family Tennis Center starting at 7:00 am Cash, check and credit cards accepted

RACE DAY SCHEDULE

7:00am – Event Check-in Opens
9:00am – 5k Run & Walk stagger start
10am-12pm – Post Party, Awards, Raffle and "Lil' Striders" Fun Run

COURSE

Chip timed 5k (3.1 miles) with optional early turn off.
Lil Striders Fun Run – free for kids 12 & under

FREE PARKING

Parking pass available for those with mobility concerns

Sorry, no refunds. No rain date.

QUESTIONS? Call us at (513) 558-0113 or email info@parkinsoncincinnati.org

PACKET PICKUP

Queen City Running White Oak – 9/30 – 2-7pm
Queen City Running West Chester – 10/1 – 11-3pm



PROCEEDS BENEFIT

Parkinson Support & Wellness exists to help those with PD learn about the disease through educational events, and to then empower them to take control by connecting individuals with local resources like support and exercise groups.

Donations to Steady Strides go directly to programs that make a positive impact on the lives of people with Parkinson Disease, their caregivers, families and loved ones. All money raised stays in the Tri-State to fund PSW programs. Parkinson Support & Wellness, Inc. is a 5013 (c) corporation.

USE ONE FORM PER REGISTRANT (Please circle one) Runner Walker Donation ONLY

Name _____
Address _____
City _____ State _____ Zip _____
Email _____
Phone _____ Please circle one: Virtual or In-person

Team name: _____

Birthdate: _____

Please circle one: Male | Female
Prefer not to identify **

Long sleeve shirt size for registrations submitted by 9/15/2021

Please note: There are only race male or female race categories

Unisex T-shirt S M L XL XXL Youth S M L

____ Parking pass for those with mobility concerns, please

In consideration of registration, I, the undersigned, assume full and complete responsibility for any injury or accident, which may occur during the event or while I am on the premises of the event. I hereby release and hold harmless Parkinson's Support and Wellness, Inc., sponsors, promoters, and all other persons and entities associated with the event. I assume the risk associated with this event including but not limited to falls, contact with other participants, the effects of weather, the conditions of the road, etc., such risk being known and understood by me. Fees are not refundable. I attest that I am physically fit and sufficiently trained to participate in this event. I have read the foregoing and certify my agreement by this signature or my parent or guardian.

Signature _____ Date _____

OFFICE USE ONLY: Cash__ Check__ Card__ | Donation Amount \$ _____ Bib # _____