



REGISTRATION FORM

5K Run/Walk, 1 Mile Walk, Yoga, Tai Chi, Obstacle Course and 100-Yard Dash Relay
 Sunday, Sept. 19, 2021 at 9am - Beachwood High School, 25100 Fairmount Blvd,
 Beachwood, OH (Check in begins at 7:30am)

REGISTRATION

Individual Registration

\$30 Adult
 \$20 Youth (age 11 & under)
 \$35 Adult registration fee after 9/10/21
 \$25 Youth (age 11 & under) after 9/10/21
 Online registration closes at 9am on 9/10/21

DONATIONS

To Donate

Donate today and help people with Parkinson's Disease feel Better Every Day! Donations of \$125 or more will receive a complimentary race t-shirt – just fill in the registration form below.

SCHEDULE

T-Shirt/Participation Bib Pick-Up

Tuesday, September 14 from noon-5pm or
 Friday, September 17 from 4-6 pm at
 InMotion, 23905 Mercantile Road
 Beachwood, Ohio 44122

Event Schedule

7:30am Registration and check-in
 8:30am Welcome and announcements
 9:00am 5K Run/Walk and 1 Mile Walk begins
 10:00am Yoga begins
 10:30am Tai Chi begins
 10:00-11:00am Obstacle Course and
 100-Yard Dash Relay

AWARDS & MEDALS

Gold, Silver & Bronze Medals

- First Place Overall Male
- First Place Overall Female
- PLUS Male & Female Age Group Medals:
 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39,
 40-44, 45-49, 50-54, 55-59, 60-64, 65 & Over

T-SHIRTS

T-Shirts for Participants

Register by 9am on Friday, 8/27/2021 to guarantee size.

Adult sizes S, M, L, XL, XXL; Youth sizes YS, YM, YL.
 Pick up during t-shirt/Participation Bib Pick up or it can be shipped to your home for \$5 per t-shirt.

REGISTRATION

Please attach a separate registration form for each person, or register online at www.palsinmotion.org

Name			
Team Name		<i>Please note - if you are forming a team, attach a registration form for each person you are registering as part of the team</i>	
Address		City, State, ZIP	
Email		Phone	
I'm registering for	<input type="checkbox"/> 5K Run	<input type="checkbox"/> 5K Walk	<input type="checkbox"/> 1 Mile Walk <input type="checkbox"/> Virtual Participant
Please check additional activities you'd like to participate in	<input type="checkbox"/> Yoga	<input type="checkbox"/> Tai Chi	<input type="checkbox"/> Obstacle Course <input type="checkbox"/> 100-Yard Dash
Registration / Shipping Fees	<input type="checkbox"/> \$30 Adult <input type="checkbox"/> \$20 Youth (age 11 & under)	Total for registration	\$
	<input type="checkbox"/> Please ship my t-shirt for a cost of \$5	Shipping charge	\$
	<input type="checkbox"/> I will pick up my t-shirt at InMotion on 9/14 or 9/17	Total charges	\$
T-Shirt Size:	Adult: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL	Youth: <input type="checkbox"/> YS <input type="checkbox"/> YM <input type="checkbox"/> YL	
Payment Method	<input type="checkbox"/> Check enclosed <input type="checkbox"/> Credit Card (complete section below)		
Credit Card Number		Exp Date	CVV
Cardholder Name		Signature	
<input type="checkbox"/> I cannot attend, but I would like to make a donation to support InMotion. Donations of \$125 or above receive a complimentary t-shirt	Donation amount		\$
<input type="checkbox"/> I cannot attend, but I'd like to fundraise for InMotion. Please send me information (you may also register online to become a fundraiser)			
<input type="checkbox"/> I am interested in becoming a sponsor. Please send me information.			

WAIVER

I, _____ ("Participant") do hereby waive, release, indemnify and hold harmless Hermes Sports & Events, Pals In Motion, and InMotion, its employees, agents, related entities, and mortgages from and against any and all claims, liabilities, costs, causes of action, damages and expenses now existing and hereafter arising in connection with my participation in the Pals In Motion 5K Walk/Run, 1 Mile Walk, Yoga, Tai Chi, Obstacle Course and 100-Yard Dash conducted on September 19, 2021. Participant hereby acknowledges and agrees that such participation shall be the Participant's sole and exclusive risk. Participant gives permission to InMotion to use their photo in advertising or videos.

SIGNATURE (PARENT/GUARDIAN IF UNDER 18) _____

MAKE CHECK PAYABLE TO INMOTION AND MAIL TO: InMotion, 23905 Mercantile Road, Beachwood, OH 44122
Must be received before 8/27/21 to receive your t-shirt before the race. Call 216-342-4417 if you have questions.

Online registration opens June 1, 2021: www.palsinmotion.org