



"SPIRIT WALK 2019"

Sunday, May 19th, 2019 - Rain or Shine

WHERE: South Mastick Picnic Area
Rocky River Reservation in Cleveland Metroparks

Walks begin at the pavilion near the South Mastick Picnic Area (3 miles NORTH of the Rocky River Nature Center on Valley Pkwy.) Wheel chair, 5k, and 1 mile route will start on the all-purpose path at the same time.

Fourteen years ago, SOAR! (Sports Opportunities & Active Recreation) was founded to provide recreation and wellness activities for adults with developmental disabilities. Those activities have been conducted in an environment of kindness, caring, love and mutual respect.

No two people exemplify that mission better than Bob Thomas and Jim Leisz; Bob, as a long time volunteer, and Jimmy, as an avid bocce ball participant, "Razzle Dazzle" performer and SOAR! cheerleader. We lost these two friends in 2016 and the "SOAR! Spirit Walk" is dedicated to their example and friendship. Please join us as we walk to celebrate their contributions, friendship and spirit!

RACE DAY SCHEDULE:

- 10:00 AM - RACE DAY REGISTRATION
- 11:00 AM - SPIRIT WALK STARTS
- CATERED PICNIC AND MUSIC TO FOLLOW

ENTRY FEES:

5K & 1 mile \$10 per participant

Must be received by Wednesday, May 15th
Make Check Payable to SOAR!
Mail to: 32730 Walker Rd, Suite I - 1
Avon Lake, Ohio 44012

All participants will receive a SOAR! T-Shirt. Questions? (440) 327-6454

PARENTS, CAREGIVERS & STAFF ARE WELCOME TO ATTEND!

Participant Name #1: _____ Adult Shirt Size: S M L XL XXL
(circle one)

Participant Name #2: _____ Adult Shirt Size: S M L XL XXL
(circle one)

Participant Name #3: _____ Adult Shirt Size: S M L XL XXL
(circle one)

Participant Name #4: _____ Adult Shirt Size: S M L XL XXL
(circle one)

Emergency Contact: _____ Phone: _____

Total Number of Attendees: _____ Amount Enclosed: \$ _____ E-Mail: _____

I hereby acknowledge that by entering the SOAR Spirit Walk, I waive any and all claims for damages that I may have against SOAR! or The Runiversity LLC and all others in the production of this race, in connections with any and all injuries suffered by me while walking, traveling to and/or from, or by participating in this event. This waiver shall be binding on my heirs, executors and/or assignees.

Parent/Guardian must sign if under age 18 _____



SOARprograms.org