




# JAR of Hope

# 5K Stadium Run

Join JAR of Hope (JOH) for a fun-filled family event.  
Events are available for all ages and all fitness levels.

**WHEN:**  **Sunday, May 7, 2017**

**WHERE:**  **FirstEnergy Park**  
(Home of the Lakewood BlueClaws)

**WHY:**  All proceeds donated will support JOH's fight against Duchenne Muscular Dystrophy. Duchenne is a muscle wasting disease for which there is no cure. Those affected are typically wheelchair bound by their teen years, with life expectancy in their 20s.

JAR of Hope was established in 2013 by James and Karen Raffone in an effort to save their son Jamesy's life and prevent other families from having to endure the pain of losing their children.

Race through obstacles competitively for time or enjoy a fun-filled atmosphere with your friends and family.

## Events

**(\$35 Early Bird Special: ends 4/13) \$50 after**

### 5K Obstacles

Race for time as you conquer obstacles

- Ages 14 and older
- Start times every 15 minutes between 9 AM–12 PM

### 5K without Obstacles

Enjoy a family friendly run or walk in BlueClaws Country.

- All ages, parental supervision encouraged for ages under 14
- Start times every 15 minutes between 9 AM–12 PM

### 1 Mile Obstacles

**(\$15 Early Bird Special: ends 4/13) \$20 after**

Take on obstacles and race the mile

- Ages 13 and under
- Start time at 10 AM

### 1 Mile Special Needs

**(\$15 Early Bird Special: ends 4/13) \$20 after**

Designed specifically for special needs participants. Weave and conquer family fun obstacles including softball toss, water balloons, etc. A parent or guest may accompany racers at no additional cost. Course will be wheelchair/stroller accessible.

- Available for all ages.
- Start time at 11 AM

## Registration

[jarofhope.org/event/5k-stadium-run](http://jarofhope.org/event/5k-stadium-run)

- Take advantage of Early Bird Pricing now through April 13th
- Military personnel are invited to register for free

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**For more information and to register, visit**  
**[jarofhope.org/event/5k-stadium-run](http://jarofhope.org/event/5k-stadium-run)**

