



Saturday, October 20 at 10 a.m.

Registration begins at 9 a.m.

Start & Finish at Wittenberg's

Student Center

734 Woodlawn Ave, Springfield, OH

Rain or Shine

5th Annual Standing Up To POTS 5K/2K Registration Form

Preregistration by October 5 (t-shirt included):

- Adults age \geq 23 years \$25
- Students age \leq 22 years \$10

Registration after October 5 (t-shirt not included):

- Adults \$30
- Students \$15

Awards:

- Plaques to the overall top three male and female finishers
- Medals for the top three male and female runners in each category

Paper Registration:

- Make checks payable to **Standing Up to POTS** (No refunds - \$25 for returned checks)
- Mail to Standing Up to POTS, 1994 Ballentine Pike, Springfield, OH 45502
- For more information, please contact Cathy Pederson at cpederson@wittenberg.edu

All proceeds from the race will be donated to Standing Up to POTS, a 501(c)(3) not-for-profit organization. Donations will be used to investigate quality of life issues, implement research-based initiatives to improve quality of life for people with POTS, and accelerate public awareness. To learn more, please visit www.standinguptopots.org.

5th Annual Standing Up to POTS 5K/2K Registration

Name: _____ Age: _____ Circle one: Male Female

Email: _____ Do you have POTS? Yes No

Circle one: Full 5K Non-competitive shortened route (~2K)

Circle T-shirt size: Youth Adult

Small Medium Large X-Large XX-Large

Total amount enclosed: \$_____