



All Abilities Athletics Four in One Awareness to Inclusion Fun Run/Walk

Purpose: to promote education, awareness, awareness and inclusion of individuals with autism, cerebral palsy, epilepsy and Down syndrome with regional organizations providing information.

Date & Time: Wednesday, March 31st, 2021 – 6pm start for 5K Run/Walk and 1 Mile Walk

Packet pickup and race day registration from 4:45-5:45 p.m.

Location & Course: Start and Finish at Four Rivers YMCA, 400 Grand Avenue, Washington, MO 63090

5K (3.1 mile) run/walk course on the streets of Washington and a shorter 1 mile walk/ride for people of All Abilities around Lions Lake.

Goodies: 50/50 Cotton T-Shirt guaranteed for all entrants registered by Friday, March 12. Please email form to Chris Homyk and mail payment if close to deadline.

(Limited sizes available for registrations received after the deadline)

Post-race Dine to Donate at area restaurants to be announced following the event.

Entry Fees: \$20/person with a shirt - \$5 for run/walk only.

Note: Entry fees are non-refundable. **Make checks payable to: All Abilities Athletics**

Mail Forms to: All Abilities Athletics P.O. Box 1668 Washington MO 63090

Online registration available at: www.allabilitiesathletics.org

Contact: Chris Homyk 636-399-3574, or at chris.homyk@allabilitiesathletics.org

