



Run for Resilience: Women's Mental Health 5K Registration Form

Event Date: May 17, 2025 | **Location:** Griffith Park, Los Angeles | **Start Time:** 8:00 AM

Mission: "I'm La Toya Johnson, and this 5K is my call to unite women of all ages and backgrounds in resilience and mental health awareness, inspired by my journey through depression and trauma with faith in Jesus Christ and holistic healing. Welcome—let's run or walk together!"

Participant Information

Full Name: _____

Age: ____ Under 18 18-29 30-39 40-49 50-59 60+

Ethnicity (Optional): Asian Black/African American Hispanic/Latina Native American White/Caucasian
[Multiracial Other: _____]

Email Address: _____

Phone Number: _____

Emergency Contact Name & Phone Number: _____

Health Information

Instructions: We care about your safety. Please complete this section honestly and consult your doctor before participating, especially if you have any health concerns.

Do you have any known health conditions or diagnoses? No Yes (If yes, please specify below)

Conditions (e.g., asthma, cancer, respiratory disease of any kind, obesity, high blood pressure, diabetes, heart disease of any kind, etc;

Have you consulted your doctor about participating in this 5K run/walk?

Yes No Not Applicable (no known conditions)

If Yes, date of consultation: / / _____

Physician Approval (Required if Yes to health conditions):

I, Dr. _____, confirm that [Participant Name] is medically cleared to participate in the Run for Resilience 5K on May 17, 2025, via running or walking, with the following recommendations (if any):

Physician Signature: _____ **Date:** / / _____

Physician Phone: _____

Registration Options:

Participation Type: Run (\$28 [] Walk (\$28

Merchandise (Optional): T-Shirt (\$15, Size: S / M / L / XL / XXL / XXXL) “Run in Faith, Heal in Love” Hat (\$10) “Faith Fuels Resilience”. To place order

Total Payment: \$_____ (Cash, Check, or Online via Resilience Run 5K

Liability Waiver & Release

Please read carefully and sign below. This is required for participation.

I, [Participant Name], understand that participating in the “Run for Resilience: Women’s Mental Health 5K” on May 17, 2025, involves physical activity (running or walking 3.1 miles) and inherent risks, including but not limited to falls, collisions, dehydration, injury, worsening of health conditions, accidents, or, in rare cases, death. I acknowledge that this event is organized by La Toya Johnson and volunteers, not medical or fitness professionals, and that I am solely responsible for assessing my ability to participate.

Assumption of Risk: I agree to take full responsibility for my own health, safety, and well-being during this event, including any incidents, accidents, or health-related occurrences that may arise from my participation in any capacity (running, walking, or attending). I have consulted my doctor if I have any known illnesses or conditions (e.g., obesity, high blood pressure, diabetes) and confirm my participation is at my own risk.

Release of Liability: I hereby release, waive, and discharge LaToya Johnson, the Run for Resilience organizers, volunteers, sponsors, the City of Los Angeles, Griffith Park, and all affiliates from any and all liability, claims, or damages arising from my participation, including but not limited to personal injury, property damage, or death, whether caused by negligence or otherwise. I understand that the organizers are not liable for anything that may occur before, during, or after the event.

Commitment: I certify that the information provided is accurate, and I agree to follow event rules and safety guidelines. If under 18, a parent/guardian must sign.

Participant Signature: _____ **Date:** / / _____

Parent/Guardian Signature (if under 18): _____ **Date:** / / _____

Griffith Park Trail Information: Rating, Inclines, Safety Guidelines

For your 5K, I assume you're using a route like the **Griffith Park Loop** (3.1 miles, per AllTrails) or a similar flat-to-moderate path near Fern Dell/Crystal Springs, ideal for beginners and diverse abilities. Here's what I found based on available data from AllTrails, Great Runs, and LA Parks resources, plus safety considerations.

Trail Rating: Easy to Moderate

Difficulty: Easy Sections: Flat areas near Crystal Springs Dr. and Fern Dell Dr. are beginner-friendly, with wide, paved or packed-dirt paths. Perfect for walkers or slow joggers (e.g., 0-2% incline).

Moderate Sections: Some trails (like parts of the Griffith Park Loop) have gentle climbs, averaging 100-200 feet elevation gain over 3.1 miles (3-5% incline). Rated "moderate" due to uneven terrain and gradual slopes.

Hard: No "hard" inclines on a basic 5K route—steep trails (e.g., Mt. Hollywood, 10-15% incline) are avoidable unless you choose them.

Distance Suitability: 3.1 miles is achievable for first-timers with training (your 8-week guide fits perfectly!). Walking takes ~45-60 min, run/walk ~30-45 min.

Inclines to Note

- **Fern Dell to Firebreak Trail (if used):** ~100-ft gain over 0.5 miles (4-6% incline)—gradual but noticeable. Wide path, shaded.
- **Crystal Springs Loop (near Ranger Station):** Mostly flat (<2% incline), with one short 50-ft rise near picnic areas—easy but watch footing on dirt.
- **Avoidable Steep Spots:** Trails toward Observatory or Hollywood Sign have 10-15% inclines—stick to lower loops for safety.

Safety Guidelines :

Trail Safety Guidelines: Difficulty: Our 5K route is rated **easy to moderate**—flat with some gentle hills (up to 200-ft gain total). Walkers welcome! **Inclines:** Expect gradual slopes (3-5%) on packed dirt/paved paths. One short 50-ft rise near Crystal Springs—take it slow if needed.

Tips: (1)Wear sturdy shoes—uneven spots possible (roots, rocks). **(2)**Hydrate: Bring water; stations available but spaced out. **(3)**Pace yourself: Walk breaks are okay—listen to your body!

Health Alert: Stop if dizzy, breathless, or unwell—first aid on-site.

Stay Safe: Stick to marked trails (25 mph traffic nearby), no open fires/alcohol, dogs on leash (if bringing). **Call Park Rangers (323-644-6661) or 911 in emergencies.**

RETURN ALL COMPLETED APPLICATIONS BY MAY 12, 2025 TO: ResilienceRuns@gmail.com