Trail for the Troops 5K Run/Walk
Sunday, September 13, 2015
Race Start 10:30 AM
St. Johns, MI

The race will benefit and honor Wounded Warriors, Veterans and those currently serving our country.
Start/Finish: The race will start and finish at Uncle John's Cider Mill (north of St. Johns) and wind through various dirt roads, fields and trails. Yes, you may get dirty and muddy! All money raised will be donated to the Wounded Warrior Project and Local Military and Veterans causes.
Awards 5K Run Only: Overall (Male and Female) and **Age Group Awards** (Top Three Finishers): 19 & under, 20-29, 30-39, 40-49, 50-59, 60+
5K Walk: Non-competitive
Post Race: Awards, snacks and beverages will be provided. Massages and other perks will also be available.
Information: Email trailforthetroops5k@gmail.com or visit the Facebook Page Trail for the Troops 5K Run/Walk
Registration: Through July 31, 2015 : $20.00
August 1, 2015 - August 31, 2015: $25.00
September 1, 2015 - RACE DAY: $30.00
Packet Pickup: Race Day from 9:30 a.m.—10:15 a.m.
All entry fees include a T-Shirt (guaranteed before September 1st) and are NON-REFUNDABLE

Register by August 31st to guarantee your t-shirt !

Make Checks Payable to: Trail for the Troops 5K Run/Walk—St. Johns
Register online at http://runsignup.com./Race/MI/SaintJohns/Trailforthetroops ***or detach registration form and return to:***
Kate Livingston, 1201 W Colony Rd, St. Johns, MI 48879

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Name: _____

Email Address: _____ **Telephone:** _____

Address: _____ **Age:** _____ **Male/Female** _____

T-shirt Size *(please circle* **ONE): Adult Small Adult Medium Adult Large Adult X-Large Other**_____

I am participating in the *(please circle* **ONE): 5K Run** *or* **5K Walk**

Waiver of liability: By my participation in this event, I freely acknowledge, understand and accept the following terms and conditions: (1) that I know running/walking in a trail race is potentially hazardous and that I will not enter or participate in the run/walk unless I am medically and physically able to do so, and that I have properly trained for running/walking in this event; (2) that I further agree to accept and obey all the rules of this race and of any other related events or activities as published or otherwise made know to me; **(3)** that I, for myself, my heirs, executors and administrators, do herby waive all rights and claims for any injury or damages that I may have incurred in this race/walk against Uncle John's Cider Mill, Clinton County, all sponsors, organizers or volunteers of this event, their agents, representatives, successors and assigns and (4) I hereby give my permission and consent to my name, use any photographs, motion picture film, video tape recordings, or audio recordings taken at this event or related activities, in which I may appear, and that such material may be used by the 5K race for any legitimate purpose. I agree that any legal claim or dispute arising out of or in any way relating to my participation in this event will be governed by the laws of Michigan and will be adjudicated exclusively by and in the courts of Michigan.
Participant's Signature: _____ **Date**_____

Legal Guardian's Signature (if athlete is under 18):_____ **Date:**_____