

FUN GLOW RUN!

Sponsors:



Peter Bowen



5k Glow Run/Walk HOWELL INTERACT

Proceeds to benefit:



The
Torch 180
www.torch180.org

CHIP TIMED AND EVERYONE RECEIVES A MEDAL

Friday, April 28, 2017 at 8:30 p.m.

Howell High School - Howell, Michigan, 1200 W. Grand River

Location

Race starts and finishes at Howell High School Fieldhouse. Registration, refreshments and awards.

Directions

Howell High School is easily accessible from Grand River & M-59, just west of downtown Howell.

Time

Race begins at 8:30 p.m., Race day registration at the race site begins at 7:00 p.m.

*Run is chip timed

Course

5K (3.1 miles) course is on the fast, smooth surfaces in and around the high school campus.

Awards

First thru third place male and female in age groups 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

Entry fee - \$25.00 before April 26th, \$30.00 on race day.

Entry: <https://runsignup.com/Race/MI/Howell/HowellInteractRun> or scan QR code.

Mail to:

Interact 5k, 1200 W. Grand River Ave.
Howell, MI 48843

Make Checks payable to Howell Interact Club

or dropped off to:

the Main Office of the High School, Howell Interact

Cost: Ages 8 and under are free (no shirt), ages 9-13 \$10 and ages 14 and up \$25 before April 26th, \$30 on Race Day for all. Shirts guaranteed only if registered before April 13th, 2017.



(Please note: entry form may be photocopied.)

Interact 5-K Run/Walk Entry Form

For Official Use Only

____ Yes, I will be at 5k (fill out information below and enclose \$25) Ages 14 and up

____ Ages 8 and under free with a paid adult (no shirt), shirts can be ordered for an additional charge

____ Ages 9-13 \$10 (no shirt), shirts can be ordered for an additional charge

____ Sorry, I can't attend the fundraiser, here is a tax deductible contribution of \$ _____

____ Yes, I will be at the fundraiser, and here is an additional tax deductible contribution of \$ _____

____ Additional shirts \$12 each Qty _____ \$ _____

**Must register before
April 13th to guarantee a shirt.**

Make Checks payable to Howell Interact Club.

Sex _____ Age on Race day _____
Shirt Size: S _____ M _____ L _____ XL _____ XXL _____
Only for 14 and up (extra \$2.00)

First Name Last Name

Address

City State Zip Code

(_____) _____ - _____
Phone Signature (parent or guardian must sign for minors) Date

Release:

I know that running is a potentially hazardous activity. I should not run unless I am medically able and properly trained. I assume all risks associated with participating in the event including, but not limited to, falls, contact with other participants, the effects of weather, traffic and road conditions, all such risks being known and accepted by me. Having read this waiver and having signed this entry form, I for my self and anyone entitled to act on my behalf, waive and release all promoters, representatives, agents, sponsors, municipalities and participants from claims or liabilities of any kind from my participation in this event.

Make Checks payable to Howell Interact Club.

Mail to: Howell Interact 5k, 1200 W. Grand River Ave., Howell, MI 48843 OR Drop off: at the Main Office of the High School