

# FUN GLOW RUN!

# 5k Glow Run/Walk HOWELL INTERACT

Proceeds to benefit:



## Sponsors:



Peter Bowen



First Impression  
PRINT & MARKETING

CHIP TIMED AND EVERYONE RECEIVES A MEDAL

Saturday, April 25, 2015 at 8:00 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 8:00 p.m., Race day registration at the race site begins at 6:30 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 5, \$30.00 on race day.

**Entry:** [www.runsignup.com/Race/MI/Howell/HowellInteractRun](http://www.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 24<sup>th</sup>, \$30 on Race Day for all. Shirts guaranteed only if registered before April 15<sup>th</sup>, 2015.



(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 8 and under free with a paid adult      \_\_\_\_ Ages 9-13 \$10

\_\_\_\_ 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 \$ \_\_\_\_\_

**Make Checks payable to Howell Interact Club.**

Sex \_\_\_\_\_ Age on Race day \_\_\_\_\_  
Shirt Size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_  
Only for 9 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: Interact 5k, 1200 W. Grand River Ave., Howell, MI 48843 OR Drop off: at the Main Office of the High School