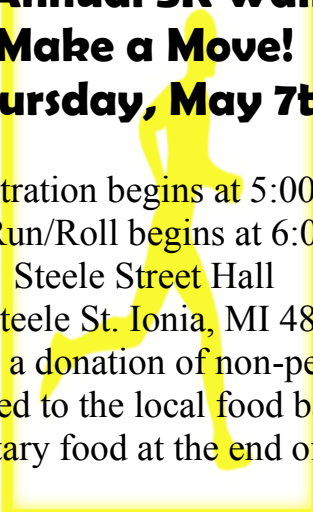


**Ionia County Community Mental Health  
Presents its 7th Annual 5K Walk/Run and Roll  
Make a Move!  
Thursday, May 7th**



Registration begins at 5:00 pm  
Walk/Run/Roll begins at 6:00 pm  
Steele Street Hall  
115 Steele St. Ionia, MI 48846

Cost to participate is a donation of non-perishable item to be  
donated to the local food bank.  
Complimentary food at the end of the walk!

**REGISTRATION FORM**

Last Name	First Name	
Address	Telephone Number	
City	State	Zip
Email Address	Age	Gender
Please select a shirt size:    YOUTH   S   M (circle one)                      ADULT   S   M   L   XL   XXL   XXXL		
Emergency Contact Name	Emergency Contact Telephone Number	

RELEASE: (MUST BE SIGNED BY PARTICIPANT/GUARDIAN OR APPLICATION WILL BE REJECTED). In consideration of the foregoing, I, myself, my heirs, executors, administrators, personal representatives, successors, and assigns, waive and release any and all rights, claims and courses of action I have or may have against this event, its Primary Sponsor (Ionia County Community Mental Health) and its affiliates, their agents, employees, officers, directors and successors, and assigns, the County, the City, and any and all sponsors, their representatives and successors, that may arise as a result of my participation in this event, and any pre- and post- event activities. I attest and verify that I am physically fit, have been medically cleared to participate, and have sufficiently trained for the completion of this event. I give my full permission to Ionia County Community Mental Health to use any photographs, videotapes, or other recordings for any legitimate purpose including commercial advertising.

\_\_\_\_\_  
Signature of Participant                      Signature of Guardian (if applicable)                      Date

Ionia County Community Mental Health is a CARF Accredited member of the Community Mental Health Affiliation of Mid-Michigan, and the Ionia Chamber of Commerce. Ionia County Community Mental Health is funded in part by the Michigan Department of Community Health.