

# Salmon Run 5K

Saturday September 19, 2015 at 8:30am  
Presented by the Grand Haven Young Professionals

Thank you for participating in the 2015 Salmon Run 5K. We appreciate your support! Please complete the second page of this registration form and return it to the address provided below. Be sure to read the waiver of liability before signing. Have a safe and fun time!

**Where:** Mary A White School  
1400 Wisconsin Ave.  
Grand Haven, MI 49417

**Registration Fee:** \$30.00\* Individual Participant  
\$29.00\* Team Participant (Minimum 3 people per team)  
\*fee increases the day of the race to \$35.00 per participant

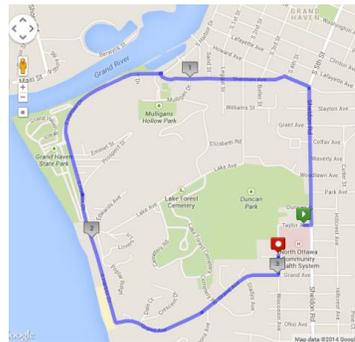
**Awards:** Medals will be presented to the top 3 males and top 3 females finishers in the following age divisions: 14-under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70-over.

**T-Shirts:** All registered participants will receive a t-shirt. We are unable to promise you your shirt size if the registration is received after August 30, 2015.

**Online Registration:** Online Registration will be available soon!

**Packet Pickup and Late Registration:** Friday, September 18, 2015 from 4:30 - 7:00pm, and Saturday, September 19, 2015 beginning at 7:30am at Mary A. White School.

**Race Route:**



**Contact Information:** [salmonrun5k@gmail.com](mailto:salmonrun5k@gmail.com); [GrandHavenYP.com](http://GrandHavenYP.com)

Don't forget about the other Salmon Festival Events! Visit [GHSalmonFest.com](http://GHSalmonFest.com) to check out the schedule of events and purchase tickets!

# Salmon Run 5K

**Saturday, September 19, 2015 at 8:30am**

## Registration Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

### Registration Fee:

\_\_\_\_ \$30.00 Individual Participant (before September 19, 2015)

\_\_\_\_ \$29.00 Team Participant (Minimum 3 people per team)/ Team Name: \_\_\_\_\_

\_\_\_\_ \$35.00 all participants day of run (September 13, 2015)

### T-Shirt Size:

\_\_\_\_ X-Small \_\_\_\_ Small \_\_\_\_ Medium \_\_\_\_ Large \_\_\_\_ XL \_\_\_\_ XXL

**Payment Method:** \_\_\_\_ Cash \_\_\_\_ Check/Money Order

*On Race Day: Checks and Cash only. Make checks payable to: Grand Haven Area Young Professionals*

### Waiver and Release:

I know that running or working a road race is a potentially hazardous activity. I should not participate or volunteer to work unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with this event, including, but not limited to, death, falls, contact with other participants, the effects of the weather, traffic and the condition of all roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Grand Haven Young Professionals, Salmon Festival, the City of Grand Haven, Race Sponsors, Salmon Festival Sponsors, Mary A White School, The Grand Haven Area Convention & Visitors Bureau, all race directors, officials and volunteers, all associated sponsors, their representatives and successors, all school districts, vendors and company's supporting this event from all claims of liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I understand that all entry fees are non-refundable.

**Signature of Participant:** \_\_\_\_\_ **Date:** \_\_\_\_\_

As a parent or guardian of the above-named minor, I hereby certify that I have read the entire above document, that I give permission for my child or ward to participate in the Salmon Run 5K, and that I agree on behalf of myself and my child/ward to the terms of the document.

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Send Completed Registration To:**  
**Grand Haven Young Professionals**  
**Attn: Salmon Run 5K**  
**225 Franklin Avenue, Grand Haven, MI 49417**  
**Or Email To: [SalmonRun5K@gmail.com](mailto:SalmonRun5K@gmail.com)**