

The Arc Stroll, Roll & 5K Run/Walk



Saturday, May 14, 2016 @ 9:00 AM

Chippewa Nature Center Midland, Michigan 48640

Fee	>For Competitive Run or Walk \$30 with T-Shirt; \$25 without shirt. \$15 students under 18 with shirt. Fun walkers \$15 with t-shirt. T-shirts cannot be guaranteed for late registrants.
Registration and Fee Payment	>Online at http://www.thearcofmidland.org/5k-run ; or complete and mail this form with payment to The Arc of Midland at 220 W. Main Street, Suite 102, Midland, MI 48640; or register the day of race at 7:30 AM <u>for increased fee of \$35 for the Run/Walk</u>
Age Groups	> 5K Run Categories - Male and Female 11 and under; 12-14; 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. > 5K Walk categories are Male and Female
Awards	> Awards for top overall Female and Male > Medals for top 3 Run Finishers in each age group. Finishing prizes for all participants > Awards for top Male and Female 5K Walkers. Finishing prizes for all participants
Results	> To be posted on line at www.thearcofmidland.org
Facilities	>Rest Rooms inside the Chippewa Nature Center Visitors Building at Start/Finish Line
Refreshments	> Water provided near the ½ way turn on the course; water and snacks at finish line
Contact	> The Arc of Midland (989) 631-4439 or www.thearcofmidland.org

Registration online at <http://www.thearcofmidland.org/5k-run>; or below:

Last Name: _____ First Name: _____ M.I.: _____
 Birthdate ____/____/____ Age on Race Day _____ Sex: M ___ F ___
 Address: _____ City: _____
 State: _____ Zip: _____ Email Address _____
 Phone:(____) _____ Shirt Size: Small ___ Med ___ Large ___ XL ___ XXL ___ XXXL ___

I plan to participate in Competitive 5 K Run() Competitive 5 K Walk() Non-competitive Fun Walk ()

I know that running or walking a road race is a potentially dangerous activity. I should not enter and run or walk unless I am medically able and properly trained. I assume all risks associated with this event including, but not limited to falls, contact with other participants, the effects of the weather, traffic and the condition of the road, all such risks being known and appreciated by me. I, and anyone entitled to act on my behalf, waive and release The Arc of Midland, The United Way of Midland County, their Board Members and Staff, Chippewa Nature Center, any Volunteers, other attendees, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signed _____ Date _____

If you are under 18, your parent/guardian must sign this form. You will be asked on day of registration to sign and produce a form with your parent/guardian's signature, accepting the waiver statement above.

Parent/Guardian Signature _____ Date _____