

Read Carefully and Sign Release of Liability

In consideration of receiving permission from the Tolfree Foundation to enter the **SolesforCardio** 5K Walk|Run and 0.5K Wellness Walk on Saturday, June 4, 2016 the receipt of such permission being hereby acknowledged, I hereby acknowledge that I understand the risks of participation in the 5K Walk|Run and I personally assume all risks related to by participation, including, but not limited to the use of *West Branch Regional Medical Center's* facilities and properties, city streets and ways and any and all hazards, direct or indirect, that may arise from this participation.

For this permission, I hereby release West Branch Regional Medical Center, its agents, officers, servants, employees, affiliates and successors from any and all liability, claims, demands, actions and causes of action whatsoever, arising out of, or related to, any loss, damage or injury, including death, that may be sustained by me during or arising out of the participation in SolesforCardio. I further certify that I have trained and I am conditioned for this walk|run. My signature also serves as my photo consent for my picture to be taken and used by Tolfree Foundation or West Branch Regional Medical Center.

Signature (parent or guardian if under age 18)

Date: _____

Please sign and return with your registration form and payment to:

Tolfree Foundation

Attn: **SolesforCardio**

335 E. Houghton Avenue

West Branch, Michigan 48661

"To raise financial and volunteer support for West Branch Regional Medical Center and its health-related affiliates to improve quality of life and increase healthcare resources to Michigan's northeastern communities." Mission statement

COMPASSION. EXCELLENCE. COMMUNITY.

We are committed to growing as our community grows and serving generations of families always with the same personal touch and care for a healthier tomorrow.

"Quality Healthcare - Close to Home."

Tolfree Wellness Park



SolesforCardio 5K Walk|Run

& 0.5K Wellness Walk

Saturday, June 4, 2016

Team Hodges Golf Ball Drop

Team Hodges' Golf Ball Drop will follow the **SolesforCardio** 5K Walk|Run at NOON. Tickets may be purchased with pre-registration. Please join us to see who wins the \$1,000 grand prize for the ball closest to the hole.

Proceeds from the walk|run|wellness walk and golf ball drop go to benefit health and wellness programs and services at West Branch Regional Medical Center and the Tolfree Wellness Park.

This Event Endorsed by



PURE MICHIGAN[®]
FITness Series

This event has been reviewed for the physical activity content and has been endorsed by the Governor's Council on Physical Fitness, Health and Sports and is now part of the Pure Michigan FITness Series. This does not reflect endorsement of the sponsoring organization or products used.



SolesforCardio

5K Walk|Run

Saturday, June 4, 2016

TOLFREE WELLNESS PARK

West Branch Regional Medical Center

WEST BRANCH, MICHIGAN

Run Start: 9:00 AM

Walk Start: 10:00 AM

Wellness Walk Start: 11:00 AM

Golf Ball Drop: 12:00 PM

WALK|RUN LOCATION

TOLFREE WELLNESS PARK

West Branch Regional Medical Center
2463 South M-30
West Branch, Michigan

Run starts at: **9am SHARP**

Walk starts at: **10am SHARP**

Wellness Walk at: **11am SHARP**

DAY OF RACE REGISTRATION

8:00am to 8:45am

Event Day Packets available for pick-up
Thursday, June 2nd from 2pm-6pm at the
Tolfree Foundation Office in the
Medical Arts Center.

AWARDS

Trophies will be given to overall
Female and Male winners
of each event.

Medals will be given to the
first three places in each category.

Ribbons awarded to all race finishers.

T-Shirts will be guaranteed to the
first 150 – 5K Walk|Run registrants.

AWARDS CEREMONY

Will be held immediately
following the run and after the walk respectively.

Age Categories

Male and Female

15 & Under	45-49
16-19	50-54
20-24	55-59
25-29	60-64
30-34	65-69
35-39	70-74
40-44	75 +

5K Walk & 0.5K Wellness Walk

No running, jogging, loping, or trotting is allowed in
the 5K Walk or 0.5K Wellness Walk.

RACE RESULTS

The events will be professionally timed by Miller Race
Management. Results will be available following the race,
as well as at www.tolfreefoundation.org and Miller Race
Management www.race-mrm.com.

ONLINE REGISTRATION

Register online at www.tolfreefoundation.org. Click on
SolesforCardio 5K Walk|Run. Download the registration
form and mail with your payment, or pay online via PayPal.
By pre-registering, you will speed up your walk|run day
registration process.

DIRECTIONS & PARKING

Exit 215 From I-75

Turn east (if coming from the North turn Left, if coming
from the South turn right) off the exit, go into West
Branch. Turn right onto M-30 (Court Street) south one
mile to West Branch Regional Medical Center. Please
park in designated areas.

For more information call: 989-343-3700
email: tinfo@wbrmc.org

5th Annual SolesforCardio

Early Bird Registration Ends May 13th

Adults	\$ 25.00
Children under 15 yrs:	\$ 15.00
Children under 5 yrs:	\$ 5.00
Family of Four:	\$ 75.00
Wellness Walker:	\$ 5.00

Late or Day of Race Registration Fees

Adults	\$ 30.00
Children under 15 yrs:	\$ 20.00
Children under 5 yrs:	\$ 5.00
Family of Four:	\$ 85.00
Wellness Walker:	\$ 5.00

T-Shirt Size

- | | |
|--|--|
| <input type="checkbox"/> Youth Med (8-10) | <input type="checkbox"/> Adult - Large |
| <input type="checkbox"/> Youth Large (10-12) | <input type="checkbox"/> Adult - XL |
| <input type="checkbox"/> Adult - Small | <input type="checkbox"/> Adult - XXL |
| <input type="checkbox"/> Adult - Medium | <input type="checkbox"/> Adult - XXXL |

Golf Ball Drop Ticket: ___ @ \$20 for 4 chances

Name: _____

Birth Date: _____ Age: _____ Male Female

Address _____

City, State, Zip Code: _____

Email: _____

Phone: _____

Amount: \$ _____ Please appropriate box:

___5K Run___5K Walk___0.5K Wellness Walk

Send check or money order to: **Tolfree Foundation**
335 E. Houghton Avenue, West Branch, Michigan 48661

**PLEASE SIGN RELEASE OF RESPONSIBILITY ON THE
BACK OF THIS MANDATORY FORM!**