

September 21, 2013



**Location: Bertha Brock Park,
2311 Bluewater Highway,
Ionia, MI 48846**

Run For 2-1-1

Start Time: 8:30 AM for the 5K Trail Run/Walk

Course: 5K Trail Run at Bertha Brock Park (berthabrockpark.info - Free park entrance that day).
Timing by Michigan Running Foundation

Awards: Awards to Male/Female Overall & Masters Winners.
Medals up to 3rd place for male/females in all age groups.

Age Groups: 11 & under, 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60+

Packet Pickup: Ionia EightCAP, 327 West Main St: Friday 9/20/13 from 12pm - 4pm
Bertha Brock Park Baseball Field Area on Race Day from 7:00am - 8:15am

**TRAIL
RUN!!**

***All proceeds go directly to the 2-1-1 Helpline** in Montcalm-Ionia Counties; a free, 24/7 phone resource for health and human services information/referral. For more information about 2-1-1 go to: <http://liveunitedm-i.org>

Entry Fees: Each runner/walker needs their own **SIGNED** registration form please.
*Register online with Michigan Running Foundation or mail to United Way Montcalm-Ionia Counties,
P.O. Box 186, Belding, MI 48809. Make checks payable to UWM-I and add ATTN: Run for 211.*

Pre-Registration: _____ 5K \$15 with or without shirt until 8/31

Registration: _____ 5K \$20 with or without shirt from 9/1 to race day.
No guarantee of a shirt after 8/31. No additional race day fees.

Name: _____ Phone: _____

Email: _____

Address: _____ City/State/Zip: _____

Gender: M F **Age on Race Day?** _____

Shirt: YES NO **Size:** Youth: L Adult: S M L XL XXL

I know that running a trail race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event, including physical or emotional harm. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee I, for myself and anyone entitled to act on my behalf, waive and release United Way Montcalm-Ionia Counties, Bertha Brock Park, City of Ionia, Ionia County, Ionia Parks and Recreation, and all sponsors, their representatives and successors, for all claims of liabilities of any kind arising out of my participation in this event.

Participant's Signature _____

Date _____

Parent Signature (if participant is under 18) _____

Date _____