



Saturday, August 13, 2016 Davison Abernathy Regional Park

**One Free Lake Callis &
Splash Pad Day Pass Per Participant!**



Thank you to our 2015 Sponsors:



Dr. David Slezak
DDS, PC



Michigan Association of
Retired School Personnel
Protecting your future



T-shirt Sponsor



RACE FEATURES:

- **FREE Kids "Super Hero" Run at 8:00am** (costumes encouraged!)
- **5K Run/Walk at 8:30am:** Scenic course is flat and fast on fully paved roads and trails that wind through the Regional Park.
- **Awards:** Overall male & female times. Top three in each age division for both the 5K run and 5K walk.
- **Guaranteed Tech T-shirt** for those whose registration is received by July 25, 2016.
- **Free Pancake Breakfast & Free Childcare**
- **Facilities:** No showers or changing facilities.

REGISTRATION:

- Registration begins at 7:00am day of race
- Online Registration closes Aug. 11, 2016 @ www.givemeselter5K.com
- Late registration & packet pick-up: Friday, August 12, 2016 at Complete Runner (915 Dort Hwy., Flint) from 12:00 - 6:00pm
- CrimFit vouchers accepted (*mailed/attached to paper form, no online or race-day vouchers accepted.*)
- \$25 early registration by Monday, July 25, 2016
- \$30 day before race and race day (T-shirts subject to availability)
- \$18 for those 18 +under

EVENT ADDRESS:

Davison Abernathy Regional Park
500 S. Dayton St., Davison, MI 48423

DISTANCE:

☐ 5K Run ☐ 5K Walk

☐ .2K Kids "Super Hero" Run

WAIVER:

I know that running/walking is a potentially hazardous activity. I should not run/walk unless I am medically able and properly trained. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, the effects of weather, traffic and road conditions, all such risks being known and accepted by me. Having read this release and having signed this entry form, I for myself and anyone entitled to act on my behalf, waive and release all promoters, representatives, agents, sponsors, municipalities, and participants from claims or liabilities of any kind from my participation in this event.

ATHLETE OR GUARDIAN IF UNDER 18 MUST SIGN **(** NO REFUNDS **)**

Name: _____

Address: _____

City/State/Zip: _____

Phone: (____) _____

Email: _____

Date of Birth: ____/____/____ Gender: ☐ Male ☐ Female

T-shirt size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL (+ \$2)

Select Method of Payment: Check VISA MC Discovery AMEX

Credit Card #: _____ Exp: ____/____

Signature: _____

MAKE CHECKS PAYABLE AND MAIL TO:

Family Promise of Genesee County
P.O. Box 4519
Flint, MI 48504



REGISTRATION DATE	X	PRICE	TOTAL
____ By 7/25/16 w/T-shirt	X	\$25	_____
____ by 7/25/16 w/o T-shirt	X	\$18	_____
____ Day before & Race Day (7/26/16 thru Race Day - \$18 w/o t-shirt)	X	\$30	_____
____ 18 & under w/ T-shirt	X	\$18	_____
____ 18 & under w/o T-shirt	X	\$11	_____
____ XXL T-shirt	X	\$2	_____
GRAND TOTAL			= _____