



Dive Team

5k RUN/WALK SATURDAY

September 10, 2016 - 5PM-

All proceeds benefit the Ionia County Dive Team

***Registration fee \$30.00 which includes shirts & medals for all runners.**

***Cook-out afterward at the beach area**

Race Day registration begins at 3:30pm in the beach parking lot at Sessions Lake in the State Park.

The run will start at the beach area at Sessions Lake
The State Park is located at Jordan Lake Rd & David Hwy
Ionia, MI 48846



Contact Person: Chelsea Kasul, 616.527.5737 ext 417

To pre-register, mail this form along with your payment to:

Ionia County Sheriff's Office

Attn: Chelsea Kasul

133 E. Adams St., Ionia, Mi 48846

Please make checks payable to: FOP Lodge 157

First Name:		Last Name:	
Address:		City:	
State:	Zip:	Phone:	Age:
Email:		Male or Female	Shirt Size:

I hereby absolve and hold harmless the race sponsors, the Ionia County Sheriff's Office Dive Team, and all persons connected with the Dive Team 5K Run, from any liability or injury by me while participating in the run. I further provide that this hold harmless agreement applies to my heirs, executors & assignees. I am physically fit to participate in this event.

Signature of Participant: _____

Date: _____

(Parent or Guardian, If under 18)