



## 11<sup>TH</sup> ANNUAL 5K RAMBLER RUN/WALK

Proceeds to benefit

**PERRY MIDDLE SCHOOL CROSS COUNTRY CLUB**

**LOCATION:** Funxtnal Fitness, 129 N. Main St., Perry, MI

**TIME:** Saturday, Sept. 17, 2016 - 5k Begins at 8:00 a.m. ~ 1 Mile Kids Fun Run at 9:00 a.m.

**COURSE:** Race will start and finish outside the fitness facility located on Main Street. The course is both paved and off-road, on side streets and through Jubilee Park. Parking is available along Main Street, on surrounding side streets, and there is a public City lot behind the buildings on the opposite side of the street from Funxtnal Fitness.

**AWARDS:** Medals will be awarded to the following:  
Overall Male and Female Open  
Overall Male and Female Masters  
Overall Male and Female Grandmasters  
Top 3 finishers (Male and Female) in each age group  
All participants in the Kid's Fun Run will receive a ribbon.

**Age Groups:** 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & up

**ENTRY FEE (includes shirt):** \$25.00 by 9/2 ~ \$30.00 from 9/3 to race day  
\$10.00 for kid's fun run (Ages 9 and under)  
\* *Technical, long-sleeved shirts are included*  
\*\* *All runners must be registered by 9/2 to guarantee a race shirt*  
\*\*\* *Additional shirts are NOT ordered*

**REGISTRATION and PACKET PICK-UP:** Saturday, 9/17 from 7:00 a.m. to 7:45 a.m. at Funxtnal Fitness

**RESULTS BY:** Chuck Block/Michigan Running Foundation

### FOR MORE INFORMATION CONTACT:

Brooke Parmalee  
Phone: 517-974-1969  
E-mail: [ramblerrun5k@yahoo.com](mailto:ramblerrun5k@yahoo.com)

Mail form and entry fee to:  
5k Rambler Run/Walk  
c/o Funxtnal Fitness  
P.O. Box 516  
Perry, Michigan 48872  
(Make checks payable to: **5k Rambler Run/Walk**)

\*One participant per form \*

Check one: ☐ 5k ☐ Kids Fun Run

Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Gender M F

Age on Race Day \_\_\_\_\_

Adult Shirt Size:

MENS S M L XL (2XL or 3XL + \$3)

WOMENS S M L XL (2XL or 3XL + \$3)

Youth Size: S M L

### Waiver Statement

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume the risk of running/walking in traffic having read this waiver and knowing these facts and in consideration of you accepting my entry. I for myself and anyone entitled to act on my behalf, hereby waive and release all sponsors, officials, persons and agencies in any way connected to this event including but not limited to Perryfest, the City of Perry, and the race coordinators, from all claims and liability arising from injuries to my persons or damage to my property as a result of my participation in these events. By signing this waiver, I verify that I am physically fit and adequately trained to participate in these events. I further give my permission to the sponsors of the Perryfest 5K Rambler Run/Walk and Kid's Fun Run to use my name, picture, and/or performance information in any newspaper, broadcast, telecast, or other account of this event, without limitation. I acknowledge that I fully understand the terms of this waiver and I hereby execute it with the intent to be legally bound hereby.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Signature of Parent/Guardian if under 18 \_\_\_\_\_