



Saturday, April 15, 2017

5k Run/Walk

Location: Red Oaks Nature Center
30300 Hales (13 Mile, East of John R)

All proceeds benefit the Madison Heights Recreation Department. The Recreation Department provides many low and no cost events and activities for the community and this event helps to see the events continue. The Recreation Department and Madison Heights community thank you for your support.

Entry Fees: Prior to 1/1/17 \$15 1/1/16 - 2/28/17 \$18
3/1/17 - 3/31/17 \$20 4/1 - 4/14 \$20 (no shirt guaranteed) Race Day \$25 (no shirt guaranteed)

Times: Registration & Packet Pick Up 6:30 - 7:45 am
5k Run/Walk 8:00 am

Awards will go to Overall Male and Female, Top Masters Male and Female as well as top 3 in each of the following age groups: 12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & older
Awards will begin at 9:15 am for all participants. Must be present to claim prize.

Mail Entry Form To: City of Madison Heights
Recreation Department
300 W 13 Mile Rd
Madison Heights, MI 48071

Make checks payable to:
City of Madison Heights
Register online at:
www.madison-heights.org Activity # 9012.310

Please fill out the form below and return to: City of Madison Heights, 300 W 13 Mile, Madison Heights, MI 48071

Name: Birthdate: / / Age on Race Day:

Address: Gender: Male Female

City/State/Zip: Shirt Size: S M L XL

Phone: Email:

Amount Enclosed:

Please accept my entry into the 2017 Run For the Health of It 5k. I hereby state I have conditioned myself to participate in the event I have chosen. I, for myself, administrators, and assignees, do hereby release and discharge the officials, sponsors, volunteers of Run For the Health of It, as well as City of Madison Heights, and Oakland County from any damages or injuries occasioned by my participation in the Run For the Health of It event. I also authorize Madison Heights officials to utilize my photo and videotape of my participation in the Run For the Health of It for any and all promotional purposes. By signing below, I hereby certify that I have read all terms and conditions of this release and do intend to be legally bound thereby.

Participants Name

Date

Participants Signature, or Parent/Guardian if under 18