

# ***The Arc Stroll, Roll & 5K Run/Walk***



**Saturday, June 10th, 2017 @ 9:00 AM**

**Chippewa Nature Center Midland, Michigan 48640**

<b>Fee</b>	>For Competitive Run or Walk \$25 with T-Shirt; \$20 without shirt. \$15 students under 18, w/ t-shirt. Fun walkers \$15 with t-shirt. *T-shirts cannot be guaranteed for late registrants
<b>Registration and Fee Payment</b>	>Online at <a href="https://thearcofmidland.charityproud.org/Registration/Index/159">https://thearcofmidland.charityproud.org/Registration/Index/159</a> ; or complete and mail this form with payment to <b>The Arc of Midland</b> at 220 W. Main Street, Suite 102, Midland, MI 48640; or register the day of race at 7:30 AM for increased fee of \$25 for the Run/Walk
<b>Age Groups</b>	> 5K Run Categories - Male and Female 11 and under; 12-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; and 70 & over.  > 5K Walk categories are Male and Female
<b>Awards</b>	> <b>Awards</b> for top overall Female and Male > <b>Medals</b> for top 3 Run Finishers in each age group. Finishing prizes for all participants > <b>Awards</b> for top Male and Female 5K Walkers. Finishing prizes for all participants
<b>Results</b>	> To be posted on line at <a href="http://www.thearcofmidland.org">www.thearcofmidland.org</a>
<b>Facilities</b>	>Rest Rooms inside the Chippewa Nature Center Visitors Building at Start/Finish Line
<b>Refreshments</b>	> Water provided at the ½ way turn on the course; water and snacks at finish line
<b>Contact</b>	> <b>The Arc of Midland (989) 631-4439</b> or <a href="http://www.thearcofmidland.org">www.thearcofmidland.org</a>

Registration online at <https://thearcofmidland.charityproud.org/Registration/Index/159> ; or below:

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ M.I.: \_\_\_\_\_  
Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_\_ Sex: M\_\_ F\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email Address \_\_\_\_\_  
Phone:(\_\_\_\_) \_\_\_\_\_ Shirt Size: Small \_\_\_\_ Med \_\_\_\_ Large \_\_\_\_ XL \_\_\_\_ XXL \_\_\_\_ XXXL \_\_\_\_

**I plan to participate in Competitive 5 K Run( ) Competitive 5 K Walk( ) Non-competitive Fun Walk ( )**

I know that running or walking a road race is a potentially dangerous activity. I should not enter and run or walk unless I am medically able and properly trained. I assume all risks associated with this event including, but not limited to falls, contact with other participants, the effects of the weather, traffic and the condition of the road, all such risks being known and appreciated by me. I, and anyone entitled to act on my behalf, waive and release The Arc of Midland, The United Way of Midland County, their Board Members and Staff, Northwood University, any Volunteers, other attendees, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signed \_\_\_\_\_ Date \_\_\_\_\_

**If you are under 18, your parent/guardian must sign this form. You will be asked on day of registration to sign and produce a form with your parent/guardian's signature, accepting the waiver statement above.**

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_