



Jingle Bell Fun Run 5k

Saturday December 9th at 11am Downtown Ionia

CANTWELLS

First annual

401 W Main st
Ionia MI, 48846

PLEASE PRINT

First Name _____ Last Name _____

Address _____ Age on race day _____ Gender _____

City _____ Email Address _____

20 dollar entry fee and guaranteed T-shirt until December 4th.

Entry fee is 25 after with no guarantee for a t-shirt after December 4th

Run Info:

This is a fundraising 5k to help Ionia get in the Holiday Spirit! Tons of prizes for holiday themed costumes plus all the regular prizes that competitive runners enjoy!

Medals will be given to top 3 overall for Men and Women and the winner of every age category will also receive a medal.

Age Categories are: 9 and under, 10-14, 15-19, 20-24, 24-29, 30-39, 40-49, 50-59, 60 and up.

The Course is a very flat loop with over half being on paved trails. Runners will also run by the towns Christmas tree; starting and finishing on the red brick road.

Please check shirt size:

_____ child small

_____ adult small

_____ adult XL

_____ child medium

_____ adult medium

_____ adult 2XL (add \$2.00)

_____ child large

_____ adult large

_____ adult 3XL (add \$2.00)

Total paid: _____ Cash _____ Check _____

Please address checks to: Cantwells Training Studio

In consideration of this entry being allowed to participate in this fun run/walk, I personally assume all risks in connection with this event. I release Cantwells Training Studio, Soaring Above Teen Center, The City of Ionia, the sponsors, and their representatives and successors from any claim by me or my family, estate, heirs or assigns, for injury or damage which may occur to my participating in this event. I have signed the release freely and voluntarily and have a full understanding of its contents, having read it in full and acknowledging by my signature that I am bound by the provisions herein. I understand and intend that I will be legally bound by it. I also confirm that I am physically fit and qualified to participate in this event. I, the undersigned, or if under 18 my parent or guardian, INTEND TO BE LEGALLY BOUNDED HEREBY WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES WHETHER BASED UPON NEGLIGENCE OR ANY OTHER THEORY OF LAW, which I, my child, ward, or heir and our parents, guardians, heirs, executors, representatives, administrators, and assigns my have against the City of Ionia, Ionia Chamber of Commerce, Cantwells Training Studio, and Ionia Public Schools, any affiliates or subsidiaries, officers, directors, shareholders, agents, employees associated with said corporations and associations, the municipalities or counties in or through which the program or events take place or are conducted, as well as any other person, entity or sponsor connected with such programs or events, and their heirs, executors, representatives, administrators, successors, assigns, affiliates, officers, subsidiaries, directors, shareholders, employees or agents, FOR ANY AND ALL INJURIES INCLUDING DISABILITATING INJURY AND/OR DEATH OR DAMAGES WHICH I, MY CHILD, WARD OR HEIR MAY SUFFER while taking part in such programs of events as a result thereof. I give permission for my photo to be used for publicity purposes.

X _____

Signature (Parents signature if under 18)

Date