



989-463-1676
www.hisplacealma.com



HIS PLACE 5K Run/Walk

HIS PLACE

Your Heart Matters



Participants receive an
embroidered headband or hat!

5K Run/Walk: \$20.00 (before Jan. 25th...\$25.00 after)

400 Meter Fun Run: \$5.00

Location: His Place 200 W. Superior St. Alma, Mi 48801

Start Time: Fun Run begins at 9:00am and the 5k begins at 9:15am!

Registration: Online at: www.Active.com or Race day registration is Saturday 7:30-8:30am

Awards: Medals to top 3 male & female runners in each age group. Medals to top male & female walkers. Medals awarded to all Fun Run participants.

Course: All routes are on the streets. The 5k course is quick & mostly flat.

Fun Run

under 4 ☐
4-6 ☐
6-8 ☐
9-11 ☐

☐ Run ☐ Walk

☐ 12-14
☐ 15-19
☐ 20-24
☐ 25-29
☐ 30-34
☐ 35-39
☐ 40-44
☐ 45-59
☐ 50-54
☐ 55-59
☐ 60-64
☐ 65 or older

NAME: _____

MALE ☐ FEMALE ☐ Age on 2-8-14 _____

E-mail: _____

HOMETOWN: _____

SIGNATURE: _____

DATE: _____

GUARDIAN'S SIGNATURE: _____

Free

Fun Family Health Fair!

~Health & Wellness
Information
~Games
~Food
~Kids Crafts

During and after
the race for
runners/walkers
and their families!

WAIVER:

1. Limitation of Liability; Disclaimer of Warranties. First Church of God/His Place SHALL NOT BE LIABLE FOR ANY DIRECT, INDIRECT, INCIDENTAL, SPECIAL OR CONSEQUENTIAL DAMAGES, RESULTING FROM THE PARTICIPATION OR THE INABILITY TO PARTICIPATE IN THE HEART AND SOLE RACE.
2. Indemnification. You agree to indemnify and hold each of First Church of God/His Place and its employees and volunteers harmless from any claim or demand, including reasonable attorneys' fees, made by any third party due to or arising out of your participation of the Heart and Sole Race, website use, or any other materials or services generated by or for the First Church of God/His Place or the violation of any term of this Liability Waiver by you.