

Read Carefully and Sign Release of Liability

In consideration of receiving permission from the MidMichigan Medical Center – West Branch to enter the **SolesforCardio** 5K Walk|Run on Saturday, June 1, 2019 the receipt of such permission being hereby acknowledged, I hereby acknowledge that I understand the risks of participation in the 5K Walk|Run and I personally assume all risks related to by participation, including, but not limited to the use of the MidMichigan Medical Center – West Branch facilities and properties, city streets and ways and any and all hazards, direct or indirect, that may arise from this participation.

For this permission, I hereby release MidMichigan Medical Center – West Branch, its agents, officers, servants, employees, affiliates and successors from any and all liability, claims, demands, actions and causers of action whatsoever, arising out of, or related to, any loss, damage or injury, including death, that may be sustained by me during or arising out of the participation in the walk|run. I further certify that I have trained and I am conditioned for this walk|run. My signature also serves as my photo consent for my picture to be taken and used by MidMichigan Health.

Signature (parent or guardian if under age 18)

Date: _____

Please sign and return with your registration form and payment to:

MidMichigan Health Foundation

Attn: **SolesforCardio**

2463 South M-30

West Branch, Michigan 48661

People are at the core of the MidMichigan Health experience. We are committed to growing as our community grows and serving generations of families always with the same personal touch and exceptional care.

"Quality Healthcare - Close to Home."
Tolfree Wellness Park



SolesforCardio 5K Walk|Run
Team Hodges' Golf Ball Drop
Saturday, June 1, 2019

Team Hodges' Golf Ball Drop will follow the **SolesforCardio** 5K Walk|Run at NOON. Tickets may be purchased with pre-registration. Please join us to see who wins the \$1,000 grand prize for the ball closest to the hole.

Proceeds from the walk|run and golf ball drop go to benefit MidMichigan Medical Center – West Branch cardiovascular services and programs.



PURE MICHIGAN
FITness Series

This event has been reviewed for the physical activity content and has been endorsed by the Governor's Council on Physical Fitness, Health and Sports and is now part of the Pure Michigan FITness Series. This does not reflect endorsement of the sponsoring organization or products used.

M | **MidMichigan Health**
UNIVERSITY OF MICHIGAN HEALTH SYSTEM



SolesforCardio

5K Walk|Run

Saturday, June 1, 2019

TOLFREE WELLNESS PARK
MidMichigan Medical Center
2463 South M-30
WEST BRANCH, MICHIGAN

Run Start: 9:00 AM
Walk Start: 10:00 AM
Wellness Walk Start: 11:00 AM

Aerial Heart Photo: 11:15 AM
Golf Ball Drop: NOON

WALK|RUN LOCATION

TOLFREE WELLNESS PARK

MidMichigan Medical Center – West Branch
2463 South M-30
West Branch, Michigan 48661

Run starts at: **9am SHARP**

Walk starts at: **10am SHARP**

Wellness Walk at: **11am SHARP**

Day of Race Registration

8:00am to 8:45am

*Event Day Race Packets available for pick-up
Thursday, May 30th from 2pm-6pm at the
MidMichigan Health Foundation Office
335 E. Houghton Ave, West Branch, Michigan

AWARDS

Trophies will be given to overall
Female and Male winners
of each event.

Medals will be given to the
first three places in each category.

Ribbons awarded to all race finishers.

T-Shirts will be guaranteed to
first 150 registrants.

AWARDS CEREMONY

Will be held immediately
following the run and after the walk respectively.
Must be present to win randomly selected prizes.

Age Categories

Male and Female

15 & Under	50-54
16-19	55-59
20-24	60-64
25-29	65-69
30-34	70-74
35-39	75-79
40-44	80-84
45-49	85-90+

5K Walk|Run & 0.6K Wellness Walk

No running, jogging, loping, or trotting is allowed in the 5K Walk.

RACE RESULTS

The events will be professionally timed this year by Miller Race Management. Results will be available immediately following the race, as well as online at both the Tolfree Foundation's website www.midmichigan.org/foundation and Miller Race Management's website at www.race-mrm.com.

ONLINE REGISTRATION

Register online at www.midmichigan.org/foundation
Click on **SolesforCardio** 5K Walk|Run to register and pay.
Or, download the registration form, complete and mail with your payment. Pre-registering will speed up your walk|run day registration process.

DIRECTIONS & PARKING

Exit 215 from I-75

Turn east (if coming from the North turn Left, if coming from the South turn west) off the exit, go into West Branch. Turn south onto M-30 (Court Street) and go one mile to MidMichigan Medical Center – West Branch, Tolfree Wellness Park. Please park in designated areas.

**PLEASE SIGN RELEASE OF LIABILITY ON THE
BACK OF REGISTRATION FORM.**

8th annual SolesforCardio

Early Bird Registration Ends May 19th

Adults	\$ 25.00
Children under 15 yrs.	\$ 15.00
Children under 5 yrs.	\$ 5.00
Family of Four	\$ 75.00

Late & Race Day Registration Fees

Adults	\$ 30.00
Children under 15 yrs.	\$ 20.00
Children under 5 yrs.	\$ 5.00
Family of Four	\$ 85.00

Wellness Walk

All	\$ 5.00
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T-Shirt Size

<input type="checkbox"/> Youth Med (8-10)	<input type="checkbox"/> Adult - Large
<input type="checkbox"/> Youth Large (10-12)	<input type="checkbox"/> Adult - XL
<input type="checkbox"/> Adult - Small	<input type="checkbox"/> Adult - XXL
<input type="checkbox"/> Adult - Medium	<input type="checkbox"/> Adult - XXXL

Golf Ball Drop Ticket(s): _____ @ \$20 for 4 balls

Name: _____

Age: _____ Male Female

Address: _____

City, State, Zip Code: _____

Email: _____

Phone: _____

Amount: \$ _____

5K Run 5K Walk 0.6K Wellness Walk
Please circle appropriate activity

Payable to: MidMichigan Health Foundation
2463 South M-30
West Branch, Michigan 48661

For more information, please call (989) 343-3694.