



## 5K Run and 5K walk Kids Run

**Location:** Alma High School

**When:** November 23, 2019 **5K Run and Walk Time:** 10:00 am **Kids Run:** 9:45 am

**Race Information:** The race will be held at Alma High School, 1500 Pine Avenue, Alma MI 48801. The race will be chip timed by Michigan Running Foundation. A shirt will be included for all pre-registered runners. Shirts cannot be guaranteed for runners who register late.

**Registration and Packet Pick-up Information:** Early Registration, due by November 15<sup>th</sup> is \$25.00 per person. Kids run is 15.00 per child. Registration **after** November 15<sup>th</sup> and the morning of the race is \$30.00 per person or \$20.00 for Kids Run. Please do not mail registration forms after November 10<sup>th</sup>. Entry fees are non-refundable. Run/walk is held rain or shine.

**Packet Pick-Up:** Packets may be picked up November 22<sup>th</sup> at the Alma High School from 6:00-7:00 pm in the Alma High School cafeteria or the morning of the race from 8:30-10:00 am.

**Age Groups:** 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80 and over.

**Awards:** Awards will be given to winners three deep in each age group as well as to the overall master's male and female. Unique awards will be given to all winners. Race results will be posted in the high school cafeteria. Awards will be available for pickup in the same location.

**For Additional Information:** Please contact Monica Brennan at [mbrennan352@gmail.com](mailto:mbrennan352@gmail.com) 989-620-1031

**Please make checks payable to and mail entry forms to:**  
Alma Music Boosters  
1500 Pine Avenue  
Alma, Michigan 48801

Register online at: <http://www.runningfoundation.com>

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ PHONE: \_\_\_\_\_ Email \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP \_\_\_\_\_

Check one 5KRUN: \_\_\_\_\_ 5K WALKER: \_\_\_\_\_ Kids Run \_\_\_\_\_ Shirt size \_\_\_\_\_

**WAIVER:** I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the Alma Music Boosters, City of Alma, Michigan, and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent's Signature If under 18)

Date