



19th Annual HEALING HANDS 5K RUN/WALK

To benefit the Genesee County Free Medical Clinic

Organized by

Genesee County Medical Society Alliance & Pi Delta Chapter Sigma Theta Tau International



Certified Course USA Track & Field

Saturday, May 17, 2014 @ 9:00 AM – Mott Community College – Flint, MI

Starting Time: 5K Run starts at 9:00AM and 5K Walk starts at 9:01AM

Location: Mott Community College – Ballenger Field House 1401 E. Court St. Flint , MI. Parking Available at College

Course: Both events will start and finish at Mott Community College

Facilities: Restrooms only at race site

Early registration ends May 12, 2014. Entries must be postmarked by this date to be eligible for early entry fee and a guaranteed T-shirt. Packet pick-up & late registration will be held from 8:00--8:45AM the morning of the run/walk in the Ballenger Field House

Entry Fee: \$17.00 before May 12, 2014: includes T-shirt \$20.00 late registration, includes T-shirt

\$12.00 before May 12, 2014: without T-shirt \$15.00 late registration, without T-shirt

Refreshments: Post Race refreshments for your enjoyment while awaiting race results & awards presentation

Features: Blood pressure, balance screens and BMI available to racers. Theme Basket Door Prizes – must be present to win

Awards Ceremony: MCs: **ANGIE HENDERSHOT**, Evening News Anchor; **WJRT-TV**, Channel 12 &

ROD PRAHIN, Morning DJ: **WCRZ 108FM**

Awards to Overall and Masters male and female and top THREE finishers in each age group in each race: 14 & under, 15--19, 20--24, 25--29, 30--34, 35--39, 40--44, 45--49, 50--54, 55--59, 60--64, 65--69, 70--74, 75--79, 80 & over

Results: Race scored using B-Tag System & posted race day and online at: www.gaultracemanagement.com

Information: **HOTLINE:** 810--230--6492 **WEBSITE:** www.gaultracemanagement.com

Pledge Form: Pledge Form is located on the back of this flyer. Anyone raising \$100 in pledges may run or walk free



Healing Hands 5K Run/Walk to benefit the Genesee County Free Medical Clinic Entry Form

9:00AM Saturday: May 17, 2014 (May be photocopied)

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____ E-mail: _____

Phone: _____ Birth Date: _____ Sex: Male Female Age on race day: _____ Run Walk

B-Tags for scoring will be provided by Gault Race Management on race day.

Circle choice of T-shirt size: S M L XL XXL (add \$1.00) REGISTRATION FEE _____

MAKE CHECK PAYABLE TO: Genesee County Free Medical Clinic DONATION _____

MAIL TO: Healing Hands 5K Run/Walk; P.O. Box 33; Grand Blanc, MI 48480 TOTAL AMOUNT ENCLOSED _____

DISCLAIMER MUST BE SIGNED: In consideration of the acceptance of my application for the Healing Hands 5K Run/Walk, I hereby release and discharge all race participants, groups, organizers, sponsors, volunteers, officials, other affiliated Parties, the USATF and its Associations (Michigan, National and other associations) connected with this event from all liability for any damages, including but not limited to medical expenses, whatsoever arising from my participation in this event.

ATHLETE (OR PARENT, IF UNDER 18) MUST SIGN: _____

2014 Healing Hands 5K Run/Walk

to benefit the Genesee County Free Medical Clinic May 17, 2014 @ Mott Community College @ 9:00AM

Pledge Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

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Add more pages as needed

Please, make any checks payable to the Genesee County Free Medical Clinic. Bring entry form, pledge form and money collected to the race on race day. Any person raising \$100 in pledges may run/walk for free.