

# Family Service & Children's Aid 18<sup>th</sup> Annual Shamrock5K Run/Walk



**Saturday, March 14, 2020**

**Shamrock 5K Run/Walk**

**Start Time: 9:00AM**

### Awards for Run & Walk

Awards given to the overall male and female winners, plus the top 3 males and female finishers in each age group.

### \*\*BONUS!\*\* TEAM/FAMILY DIVISION AWARDS

To encourage participation, awards will be given to the top three teams/families in both events. Two or more team/family members must compete in same event (Run or Walk) to qualify. The two fastest times of all team/family members participating will be averaged to determine winner. Please check the Team/Family Division box on registration form to enter.

### ENTRY FEES (All fees non-refundable)

\$25.00 - Individual 5K Run/Walk \$3.00 Kids Fun Run

### PACKET PICK-UP & LATE REGISTRATION

Packet pick-up Friday, March 13, 2020 from 9:00 am - 3:00 pm at Family Service & Children's Aid (306 W Michigan Ave, Jackson), and on race day.

**Race day registration: 8:00am-8:50am**

[runsignup.com/Race/MI/Jackson/FSCA5k](https://runsignup.com/Race/MI/Jackson/FSCA5k)

### Thanks to our Sponsors:



Commonwealth



CP Federal  
Credit Union

LifeWays  
Community Health

County  
National Bank

South Central  
Credit Union

Center for Family Health

Be a Sponsor:

Contact Kayla @ Family Service & Children's Aid

kchenevare@strong-families.org

517-787-7920



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ E-mail: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

Category:

(Check One)  Male  Female

(Check One)  5K Run  5K Walk  Kids Fun Run

*We cannot guarantee a T-shirt to late or race-day registrants*

T-Shirt (check one): Adult:  S  M  L  XL  XXL

Child:  S  M  L

### Team/Family Division:

Each Team/Family Member must participate in the same event (i.e. Run or Walk). Each team/family member must fill out a separate registration form and submit them at the same time.

List Name(s) of other family member(s) participating below:

\_\_\_\_\_

\_\_\_\_\_

### Entry Fees:

\$25.00 - Individual Run/Walk  \$3.00 - Kids Fun Run

*(T-shirt cannot be guaranteed if you register after February 28th)*

Waiver: In consideration of accepting my entry, I, the undersigned, in intending to be legally bound, do hereby for myself, my heirs, and executors waive and release forever any and all claims for damages that I may have against the sponsors, race officials, Family Service & Children's Aid, the County of Jackson and Jackson County Parks, and any person or entity associated with this event for any and all injuries suffered by me in this race /walk. I attest that I am physically fit and have prepared for this race/walk accordingly.

Signature \_\_\_\_\_

Date \_\_\_\_\_

As a parent or guardian of the above named minor, I hereby certify that I have read all of the above document, that I give my permission for my child to participate in this event, and that I agree on behalf of myself and my child/ward to the terms of the document.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Mail completed entry form(s) payment to: Family Service & Children's Aid

(Check payable to:)

C/O Teresa Proctor

P.O. Box 6128. Jackson, MI 49204