



Communities In Schools 5K Run/Walk

13th Annual

Date: Saturday, June 1, 2019

Time: 8:30 AM Race Begins

Registration: Race Day at **Mancelona Senior Center, 122 E State Street, Mancelona** 7:00 AM - 8:00 AM

Online registration ends May 29 @ 4 PM; mailed entries must be postmarked by May 23.

Entry Fee: Ages 13 & over: \$20 pre-registration...\$30 day of event

Ages 12 & under: \$10 pre-registration....\$20 day of event

Race Course: Race starts and finishes at Howard & Main Streets (behind Senior Center)

Awards: Overall Male and Female as well as the top three Male & Female in each division:

- ◆ Under 10 ◆ 20-29 ◆ 50-59
- ◆ 10-14 ◆ 30-39 ◆ 60-69
- ◆ 15-19 ◆ 40-49 ◆ 70 & up

CIS of Northwest Michigan 5K Run/Walk Entry Form

Mail to:
Communities In Schools of Northwest Michigan
205 Grove Street
Mancelona, MI 49659

Name: _____ Age: _____ (day of event)

Address: _____

City: _____ State: _____ Zip: _____

Male Female Email: _____

T-shirt Size: (First 100 entries) Small Medium Large X-Large XX-Large

PLEASE READ CAREFULLY BEFORE SIGNING: I understand that the sport of running and/or walking are an extreme test of my physical and mental limits and carries the potential for serious risks. I agree, attest, and certify that by signing this Registration Form, I WAIVE, RELEASE, and FOREVER DISCHARGE Communities In Schools of Northwest Michigan and Endurance Evolution from any and all risks, claims, injuries, death, losses, or liabilities, which occur to me or to my child as a result of mine or my child's participation in this 5K event. I grant permission to use any photograph, videotape or other record of this event for any legitimate purpose.

Signature: _____ Date: _____

(Participant or Legal Guardian if under 18)