



Mountain Town Rehab 5K Run/Walk

Thursday, October 20, 2016 at 5:30pm



SPONSORED BY: Mountain Town Rehab

ENTRY FEE: \$12.00 preregistered by October 10, \$15.00 race day, \$35.00 maximum per family. \$1.00 off for any members of a "team." T-shirts for pre-registered entries. *Proceeds go to the Denise Terwilliger Care Fund to help as she battles cancer.*

AWARDS: Prizes for overall male and female winners.

FACILITIES: No lockers or showers available. Race starts and finishes at Mountain Town Rehab, 1106 W. High Street, Mt. Pleasant.

COURSE: Mill Pond Park Trails

CHECKS TO: Mountain Town Rehab
MAIL TO: 1106 W. High Street, Mt. Pleasant, MI 48858

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ AGE (race day) _____

DIVISION: Male _____ Female _____ Shirt size: S ___ M ___ L ___ XL ___ XXL ___

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official, relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Mountain Town Rehab, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even through the liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE

DATE

PARENT'S SIGNATURE IF UNDER 18 YRS

DATE