

1st Annual Holy Family Regional School Fitness Run

5 Kilometer Run/Walk 1 Mile Run/Walk



Bloomer Park ~ Rochester Hills, MI ~ June 5, 2010

Park entrance @ north end of John R, north of Avon Road

1 Mile Run/Walk begins @ 8:15a.m. Sharp

5 K Run/Walk begins @ 8:30a.m. Sharp



Race Entry Includes: T-shirt, park entry, chip timing, food, beverages.

Awards

Overall male and female winners in 5K Run will receive Hanson's gift certificate

Medals will be awarded to top 3 finishers in each age group

Entry Fees:

Children (12 & under) \$12.00 before 6/1/2010 ~ \$14.00 after 6/1/2010 and race day.

All others (13 & older) \$18.00 before 6/1/2010 ~ \$20.00 after 6/1/2010 and race day.

HFRS Faculty and Staff \$10.00 before 6/1/2010 ~ \$12.00 after 6/1/2010 and race day.

T-shirts guaranteed for participants registered by 6/1/2010. T-shirts for late registrants based on supply.

Complete form and sign at the bottom ~ return with check payable to:

Holy Family Athletic Commission ~ Fitness Run/Walk – 2633 John R Road – Rochester Hills, MI 48307

Do NOT Mail after 6/1/2010 ~ Race Day Registration Available ~ 7:00 – 7:45 a.m.

One participant per form ~ copies permitted ~ additional forms @ holyfam.org ~ Fitness Run/Walk

Questions? ~ Like to Volunteer ~ Contact: Janet Dohr 248 656 9685 ~ jdohr@yahoo.com

Name _____ Age _____ M or F (circle one)

Address _____ City _____ Zip _____

Phone _____ Email _____ Race: [] 5K Run [] 5K Walk [] 1Mile

T-Shirt Size: [] Youth Large [] Adult Small [] Med [] Large [] XL [] XXL

EVENT WAIVER

This event could pose a risk of injury. Potholes, moisture, rocks, tree roots, and other surface defects may exist on the course. Non-participants and/or animals may enter onto the course unexpectedly and cause obstruction. The physical strain of long distance running or walking could cause injury, illness, and/or death. I have read and understand this statement and agree to assume all risk of physical injury, illness, or other hazard that may occur as a result of my participation in this event. I knowingly release and hold harmless the City of Rochester Hills, Holy Family Regional School, the Archdiocese of Detroit, Hanson's Running Shop and all event planners, organizers, sponsors and volunteers from liability that may arise from my participation in this event.

Signature Date _____

Signature of Parent/Guardian (if participant is under 18) Date _____