



5K Run/ 5K Walk/ 0.0 K/ 1 Mile Family Walk

In Remembrance of Wendy Heath and all the Women that "Fight Like A Girl" everyday!

<http://tealtrackandtrail.weebly.com/>

100% of proceeds from the 5K Run/Walk will benefit the Michigan Ovarian Cancer Alliance- promoting early detection and improved treatment outcomes, along with advocacy and education

<http://www.MIOCA.org/>



Raise money for MIOCA! Prizes for the top fundraisers:

<https://mioca.myetap.org/fundraiser/tealtrackandtrail/>

When: Friday, June 8th 5K Timed Run Start Time: 6:30 pm

5K Timed Walk Start Time: 6:35 pm Family Walk: 6:45 pm

Where: Grand Blanc High School East Campus @ 12500 Holly Rd., Grand Blanc, MI

Cost: \$25.00 per person until May 19th; \$27.00 May 20st- June 6th; \$30.00 June 7- 8th (4-5:30 pm on site)

Awards for 1st, 2nd, and 3rd place in all age groups- 5K Runners and 5K Walkers

Early Packet Pick-up: June 7th- 8th Bauman's Running Center- 1473 W. Hill Rd, Flint, MI 48507

On Line Registration: [RunSignUp](#) or mail this to:

360 E. Grand Blanc Rd., Grand Blanc, MI 48439 **Contact:** (810) 694-0101

This is a Crim Voucher race- Voucher includes T Shirt!

PLEASE READ THIS DOCUMENT (THE "WAIVER AGREEMENT") CAREFULLY BEFORE SIGNING. THIS WAIVER AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS AND WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING A FUTURE LAWSUIT.

I know that running is a potentially hazardous activity. I should not enter and run/walk 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/walk. I hereby certify that I am in good health and I have trained to run/walk the distance of the race, which I am entering. I assume all risks associated with running/walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, snow and ice, 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 into this race, I, for myself and anyone entitled to act on my behalf, waive and release the Grand Blanc Parks & Recreation Commission, Grand Blanc Community Schools, City of Grand Blanc, Charter Township of Grand Blanc, its officers, directors, agents, volunteers, and employees, all states, cities, countries or other government bodies or locations in which events or segments of events are held, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or inline skates and animals are not allowed in the event and I will abide by this guideline.

I am aware that the race volunteers strongly discourage the use of personal audio devices (iPods and MP3 headsets).

(Athlete or Participant) Please Print

First Name: _____ Last Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Age (on race day): _____ Date of Birth m/d/y: ____/____/____ Email: _____

5K Run: _____ 5K: Walk _____ "0.0K" _____ 1 Mile Family Walk _____ (please indicate event you wish to enter)

Please note the 5Ks are timed run/ walk events- if you plan to run any portion, please sign up for the 5K Run.

Shirt Size S M L XL XXL (add \$1) Sex M F "Survivor Sash" Yes No

Technical Shirt- add \$5.00 for XS-XL, \$7.00 for XXL or XXXL **Technical shirts are men's sizes and run large.**

Crim Fit Adult Training Participants: Must include voucher- includes cotton T-shirt.

Signature (Parent if under 18) required for entry: _____ Date: _____