

PATRIOT REALTY "SON OF A SAILOR"
HESS LAKE 10K RUN/WALK

FIGHTS CANCER!

Saturday, July 14, 2012 Hess Lake Newaygo MI

Start Time: 8:30 A.M.

Location: River Valley Community Church, 53 E. 88th. Street at M-37

All proceeds go to Cancer Awareness & Research

Early Entry Fee: \$20.00 received by June 27th.

Late Entry Fee: \$25.00 after June 27th.

Day of Event: Entry Fee \$30.00

Shirt Guaranteed for paid entry's, received by June 27th.

Online Registration available at michianatiming.com/registration

This is a bib pull tab timed event

Pre-Race Packet Pick-up (7/13) 1249 Hess Lake Dr. 4:00 P.M. - 8:00 P.M.

Race Day Packet Pick-UP: 7/14 7:00 A.M. - 8:00 A.M. River Valley Comm. Church

Awards: 1st. Overall M & F, 1st, 2nd, 3rd. M & F in Age Groups: 0-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

Timing by Michiana Timing.com - results will be posted on-site and on-line day of event.

Make checks payable to: Son of a Sailor

Mail to: PO Box 502 Newaygo MI 49337

Questions: Contact Betty Bosowski (betty buzz@juno.com) or

Katie Lipner (231) 834-9915 kllipner@aol.com

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PLEASE PRINT CLEARLY - FILL IN ALL SPACES

Event: **10K Run** 10k Walk (non-timed) Gender male female

Shirt - Circle One: Sm. Med. Large XL XXL

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Date Of Birth: m/d/yr ___/___/___ Age (on race day): ___ Phone # _____

Signature (Parent if under 18) Required for Entry! Read Waiver Below.

E-Mail _____

WAIVER: I know that running a road race is a potentially dangerous 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 no 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 the Race director, Officials, vendors, volunteers and all persons and organizations officially connected with this event and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.