

“I HATE TO RUN” 5K Run/Walk

Saturday, May 19, 2012, 9:00 AM

Packet Pick-up/Late Registration: Early packet pick-up and late registration will be Friday, May 18, at Fairway Church from 4:00-6:00 PM. Packets may be picked up on race day starting at 8:00 AM until race time.

Entry Fee: \$15 per runner or walker. Teams/groups of 3 or more are \$10 per runner. Day of race \$20. **NO LATE REGISTRATION FOR TEAMS.** Register early to guarantee a shirt. Mail registrations to Fairway Church, 1165 44th Street, Jenison, MI 49428.

Time: Race begins at 9:00 AM.

More than just a run: During the race there will be hidden bottle caps. Collect the bottle caps for chances to win prizes during the drawings at the conclusion of the race.

Please Select: (Feel free to photocopy this form. Please fill out one form per person.)

_____ 5k Run, \$15 per person (postmarked by May 11 or delivered to Fairway CRC office by May 18)

_____ 5K Team/Group of 3, \$10 per person (Group forms must be mailed together to qualify for team rate)

_____ 5K Run, late registration \$20 per person

_____ Children 8 and under free with a paid adult entry fee

Name of Runner: _____

Phone Number: _____

Email: _____

Circle T-shirt Size: S M L XL

Waiver/Release: Please read and sign below. Parents must sign for children under 18.

I know that running/walking a race is a potential hazardous activity. I should not enter to run/walk unless I am medically able and properly assume of risks associated with running in this event including, but not limited to falls, contact with other participants, the effects of the weather, including traffic and the condition of the roads, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act in my behalf, waive and release Fairway Christian Reformed Church and all sponsors, their representatives, and successors from the claims or liabilities of any kind arising out of my participation in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other records of this event for any legitimate purpose.

I understand and agree to waiver and release

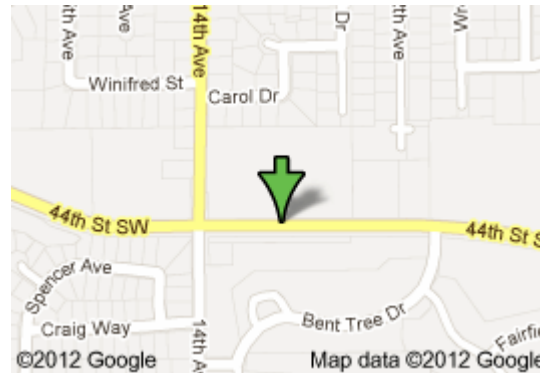
Signature Date

Awards: The top 4 male and female runners will receive a \$25 gift card. Awards will be given after the race around 10:30 AM.

Race Course: The race starts at Fairway Church and ends at Fairway Church. Runners can park at the church. The course is flat and through residential area.

All net proceeds from the race will go to God's Kitchen, a Catholic charity in Grand Rapids' Heartside neighborhood that offers nourishment and meal-time respite.

The "I Hate to Run 5K" is more of a scavenger hunt than a run. There will be numbered tokens along the course. The tokens are your entry into the door prize drawings at the end of the race. The more tokens you find, the better your chance of winning!



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Fairway Church
1165 44th Street
Jenison, Michigan 49428

616-662-0368
Email address: fairwaycrc@yahoo.com
Website: www.fairwaycrc.org