

3RD ANNUAL FOOD FOR THE HOLIDAYS FUN RUN
HOSTED BY: THE ST. HELEN HELPING HANDS

5K Run or walk by Lake St. Helen \$25 if registered by June 25th (t-shirt guaranteed)

July 15th, 2017 \$30 after June 25th (t-shirt not guaranteed)

Run/walk starts at 8 a.m. \$50 family plan entry fee

Check-in at 7 a.m. Kids 12 and under are free with their own parents

Richfield Township Cove 13 to 17 years old are \$5 add on per kid.

T-Shirt sizes: Small – Extra Large Add \$2.50 per shirt that is 2 XL – 4XL

**Pets are welcome to run/walk with their humans for a price of a can of human food
and must have a pet license.**

There will be more information about the movie to be announced later.

Send your early registration to: P.O. Box 513 St. Helen, Michigan 48656

At the Richfield Township Cove

Individuals are \$30

Adult registration Fee \$	No of children	total child fee \$
Name(s) :	Phone:	
Mailing Address :	City:	
State:	Zip:	
E-mail address:	Alternate Phone:	
Age(s):	Pet name and type:	
Emergency Contact Name:	Phone Number:	
Participating in 5K run	T-shirt sizes:	

Amount enclosed: \$

Waiver

In consideration of my participation in this event, I for myself, my heirs, executors, and administrators, waive all rights and claims for damages I may have against the St. Helen Helping Hands of Saint Helen, MI, the sponsors of this event, their agents, representatives, volunteers, successors, and assignees for any and all injuries suffered by me at said event, or which may arise out of my traveling to, participating in, and returning from this event. I further state that I am in proper physical condition to participate in this event. I understand that there are No Refunds. I also authorize St. Helen Helping Hands of Saint Helen, MI to utilize any photographs of my participation of this event for any and all purposes. I understand that pets are allowed but must be licensed with up to date shot records. Children may participate with a parent. I understand that this is a run throughout the neighboring streets along Lake St. Helen, and may not be accessible for all types of wheelchairs and strollers.

Signature:	Date:
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Please bring completed form with you to register.