

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

5K Run or walk by Lake St. Helen
July 11th, 2015
Run/walk starts at 8 a.m.
Check-in at 7 a.m.
At the Lake St. Helen Public Beach

\$35 family plan entry fee
Kids 12 and under are free with their own parents.
13 to 17 years old are \$5 add on per kid.
Individuals are \$20.

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|----------------------------------|---------------------------|---------------------------|
| 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 | | |

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.

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