

# 4<sup>th</sup> Annual "Run for the Walls 5K"



## A BENEFIT FOR HABITAT FOR HUMANITY SATURDAY, AUGUST 10<sup>TH</sup>, 2019

The 5k Run travels through east Kingsford and goes past 5 Habitat houses. The course is mostly flat and paved (will accommodate strollers). Start and finish is at Lodal Park, Kingsford, MI. Leashed dogs welcome.

**RACE TIME:** Registration from 8:00 am to 9:15 am                      9:30 am race start

**DIVISIONS:** Male/Female  
Ages 11 and Under, 12-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**AWARDS:** Awards to top finisher M/F overall and medals to top 3 finishers in age divisions

**FEES:**                      Early Registration                      Race Day Registration  
                                 \$ 20    \$ 25

**FEATURES:** All pre-registrants receive a t-shirt. Race day registrants receive shirts as long as supplies last. Every effort is made to assure the safety of all runners/walkers. Water and aid stations are located throughout the course and beverages/refreshments are provided at the finish. All funds raised go to Menominee River Habitat for Humanity.

**REGISTRATION:** Pre-registration deadline is Friday, August 3, 2018. Make checks payable to **Habitat for Humanity Menominee River** and mail to: PO Box 398 Iron Mountain, MI 49801 or drop of at the office at 113 S. Milwaukee Ave, Kingsford, MI 49802.

**QUESTIONS:** Call the Habitat office at (906) 779-5377 or email at [hfh@habitatmr.com](mailto:hfh@habitatmr.com).

### RACE REGISTRATION

**NAME: (LAST)** \_\_\_\_\_ **(FIRST)** \_\_\_\_\_

**MALE**    **FEMALE**                      **Age (As of August 10<sup>th</sup>):** \_\_\_\_\_                      **Email:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_  
                                 Street Address    City                      State                      Zip

**SHIRT SIZE (circle one):** Youth Medium    Youth Large    Small    Medium    Large    X-Large

In consideration of my entry fee I hereby waive, for myself and my heirs, executors, administrators, and all representatives, all rights and claims for personal injuries while traveling to and from and participating in, and property damage occurring as a part of or during the course of said athletic event at Lodal Park, County of Dickinson, City of Kingsford, including all rights and claims which I may have against the organizers of such athletic event, and other associations connected with such athletic event, the owners, lessees and occupants of premises and the respective agents, employees, customers, and invites.

\_\_\_\_\_  
Participant's Signature-Parent/Guardian Signature if Participant is Under 18 years of age.

\_\_\_\_\_  
Date