3rd Annual "Run for the Walls 5K"

A BENEFIT FOR HABITAT FOR HUMANITY
SATURDAY, AUGUST 11TH, 2018

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 INFORMATION

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.

RACE REGISTRATION

NAME: (LAST) _____ (FIRST) _____

MALE FEMALE Age (As of August 11th): _____

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 Menominee River Recreational Area, 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