



# BELDING LIONS



# LABOR DAY 5K RUN & WALK

**Date:** September 6th, 2010

**Race Info:** (616) 794-0384

**Distance:** 5K Run - 1 Mile Walk

**Email:** wjyoungs@yahoo.com

**Starting Time:** Run 8:30 AM

**Age Groups:**

Walk 8:30 AM

10 & Under, 11-14, 15-18, 19-24,  
25-29, 30-34, 35-44, 45-49, 50-54,  
55-59, 60-64, 65-69, 70 & over

**Awards:** Top 3 in each age bracket  
Top overall men & women  
Top overall masters (40 & over)

**Course:** Start at the Belding High School. Relatively flat with a few rolling hills, scenic route.

**Fee to:** Aug. 30th - \$15.00  
After Aug. 25th (late) - \$20.00  
Walk - \$10.00  
Children 10 & under - \$10.00

**Location:** Belding High School  
850 Hall Street  
Belding, Michigan  
(by the water tower)

**Fee includes:** Back Pack

Please make checks or money orders out to: Belding Lions Club and mail to:  
Belding Lions Club • 432 Woodland • Belding, Michigan 48809

FIRST NAME (Please Print)

LAST NAME

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STREET ADDRESS (Including Apartment)

CITY

STATE

ZIP

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PHONE NUMBER

**Please Circle:** (RUNNER) (WALKER) (MALE) (FEMALE)

**Shirt Size:** S M L XL XXL

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**AGE ON RACE DAY:** \_\_\_\_\_

I know that running a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decisions of a race official to my ability to safely complete the run/walk. I assume all risks associated with this event including, but not limited to falls, contact with other participants, the effects of the weather, traffic, and condition of the road. All such being known and appreciated by me. Having read the waiver I for myself and anyone entitled to act on my behalf, waive and release the Belding Lions Club, The City of Belding, Hickman Race Service, their representative and successors from all claims liabilities of any kind arising out of my participation in this event.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT SIGNATURE IF UNDER 18 YEARS OF AGE \_\_\_\_\_