



5K Mile Trail Run & 1 Mile Kids' Run/Walk September 20, 2019

September 19th
September 20th

4:00pm-7:00pm
6:00pm
6:30pm
7:00pm

Hat/Bib Pick up from 4-7pm (Meeting Room)
Registration begins (Blue Heron Bay parking lot)
1 Mile Kids' Run/Walk
5K Run/Walk

Entry Fee

\$20 (5K), \$5 (1 Mile Kids' Run/Walk)
\$25 (5K), \$10 (1 Mile Kids' Run/Walk)

Through September 19th
September 20th

VEHICLE ENTRANCE FEE IS INCLUDED FOR ALL PAID PARTICIPANTS

2019 Big Foot, Small Print Trail Run (one form per person)

Event: 5K Run 1 Mile Kids' Run/Walk

Would you like to add a \$5 donation to support the Huron River Watershed Council? Yes No

Name _____ Phone _____

Address _____ City _____ Zip Code _____

Email _____ Date of Birth _____ Sex: M F

Emergency Contact (E.C.) _____ E.C. Phone _____

I understand that the use of Washtenaw County Parks & Recreation Commission (WCPARC) facilities or participation in its programs shall be undertaken by a participant at his/her own risk. Participant represents that he/she has disclosed in writing to the Park any physical condition that may limit his/her activities and, except as disclosed, participant is able to undertake the physical exercise and use of the facilities as provided by WCPARC. However, disclosure of physical condition shall not relieve participant of sole responsibility of appropriately and safely limiting activities to take into account such physical conditions and limitations. I further understand that I should consult with a physician before beginning any physical activity and/or exercise program. WCPARC shall not be liable for any injuries or damages to any person or property whatsoever arising out of or in connection with, the use of facilities where the same are caused by or result from actions of the participant. Participant hereby releases and discharges Washtenaw County from all claims, demands, actions or causes of actions to any such injuries, damages or loss of property resulting from participation. **I also understand that any pictures taken of me and my family may be used for future promotion.** I agree to abide by and adhere to the decisions, policies, and procedures set by the WCPARC and its staff.

Signature _____ Date _____

Payment: Cash Credit Card Check (only accepted at least 2 weeks prior to event day)

CC Number _____ Exp Date ____/____

Signature _____ Card Zip Code _____

Registration

at parksonline.washtenaw.org or runsignup.com or mail/fax registration form to:

Independence Lake Park
3200 Jennings Road
Whitmore Lake, MI 48189

Phone (734)449-4437
Fax (734)449-8507

