

# BEACH WELLNESS

## 10K & 5K run, 5K walk; kids 1/4 mile run

**Saturday, June 26, 2010 - 9:00AM Start**

**Location:** Bay City State Recreational Area,  
3582 State Park Dr, Bay City, MI

**Directions:** North of Bay City, take I-75, Beaver Rd. exit #168, east 5 miles to park.

**Entry Fee:** \$10 w/out shirt, \$15 w/shirt (made in USA)  
\$5 kids run, no shirt 1/4 mile, medals to all participants  
**REDUCED ENTRY FEE: STATE PARK STICKER REQUIRED**

**Entries:** Make checks payable to :  
Friends of BCSRA/Wellness

Mail to: Beach Wellness, 706 Sidney St. Bay City, MI 48706

**Run Awards:** 1<sup>st</sup> & 2<sup>nd</sup> place overall and in each age group, male & female  
**Walk Awards:** Top 5 male & top 5 female overall  
**Age groups:** 14-under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+  
**Course:** Blacktop, some trail, accurately measured.  
**Results:** Posted- day of the race, available online  
**Facilities:** Restrooms  
**Refreshments:** Water, juice, cookies, fruit

**Information:** Kim Coonan (989) 684-7675 or [kjcwcc@chartermi.net](mailto:kjcwcc@chartermi.net)  
Ernie Krygier (989) 233-3872  
Bob Redmond (989) 895-4125

### **All proceeds donated for beach grooming!**

Last name \_\_\_\_\_ First \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Race Day Age \_\_\_\_\_

Sex M\_\_F\_\_ Phone (\_\_\_\_) \_\_\_\_\_ 10Krun \_\_\_\_ 5Krun \_\_\_\_ 5Kwalk \_\_\_\_ Kids Run \_\_\_\_

T-shirt size- sm \_\_\_\_ med \_\_\_\_ lg \_\_\_\_ xl \_\_\_\_ xxl \_\_\_\_ no shirt \_\_\_\_

I know that running or walking a road race is a potentially dangerous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of any race official relative to my ability to safely complete this event. 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 the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry. I for myself and anyone entitled to act on my behalf, waive and release BCSRA and its sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event.

Signature of participant (parent signs if child is under 18) \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_