THE AUBURN CORNSTALK 5K RUN & WALK

Thursday, July 8, 2010 @ 6:30 p.m.

Western High School 500 W. Midland Rd. Auburn, MI 48611

Located between Auburn Rd. (9 Mile Rd.) and Garfield Rd. off US-10 between Bay City & Midland

Age Groups	10-under	11-14	15-19	20-24	25-29
5K Run	30-34	35-39	40-44	45-49	
	50-54	55-59	60-64	65-69	70-over

Awards Run 1st place over all & 1st Masters – male and female. Top 3 finishers in each age group

Awards Walk Top 5 male and top 5 female finishers. Walkers may walk, race walk, saunter, shuffle, speed walk or power walk but **NO RUNNING PLEASE.**

Course Flat, fast, accurate and well marked

Facilities Restrooms only. Please come dressed to compete.

Entry Fees $8 no shirt, $15 with shirt (XXL $2 extra) on or before July 3, 2010
$10 no shirt, $20 with shirt (XXL $2 extra) after July 3, 2010
Shirts not guaranteed to anyone entering after July 3, 2010
$1 discount to track/x-country and current BARC members

Information (989) 686-0246 or Runwild1128@hotmail.com or www.barc-mi.com

Mail to Please make checks payable to Bay Area Runner's Club
1101 Leng St., Bay City, MI 48706

Refreshments Fresh fruit, cookies, water and sport drink at finish

Race Day Registration 5:00 p.m. at Western High football field concession building

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Event entered **5K Run**_____ **5K Walk**_____

Last Name_____**First**_____**M.I.**_____

Birth Date_____/_____/_____**Age on Race Day**_____**Sex M**_____**F**_____

Address_____

City_____**State**_____**Zip**_____

Phone (_____**)** _____

Track/X-country team_____**Coach**_____

Shirt Size **Small**_____**Med**_____**Large**_____ **XL**_____**XXL(add $2)**_____**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 the Bay Area Runners Club, Bay City Public Schools/Western High, City of Auburn and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Please: No animals, roller skates, roller blades, baby strollers, bicycles, or skateboards.

SIGNATURE REQUIRED PARENT SIGNATURE IF PARTICIPANT IS A MINOR DATE