

# *Depot Days 5k Run/Walk*

*Saturday October 2<sup>nd</sup> 2010*

*Registration 8AM-9:30AM*

*Race Start 10AM*

**Location:** Downtown Standish, on the corner of Forest and Cedar St.

**Directions:** Take I-75 exit 188, Standish exit follow into town  
the race will start by the light on the corner of Forest St. and Cedar St.

**Entry Fee:** \$20 with shirt, \$15 without shirt

All proceeds will benefit Juvenile Diabetes Research (J.D.R.F.)

**Mail Entries To:** Josette Rang P.O. Box 847 Standish, MI. 48658

\*Make checks payable to: Josette Rang

**5K Run Awards:** First place overall male and female.

First and second place male and female age group awards.

**Run Age Groups:** 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

**5K Walk Awards:** First through fifth overall male and female.

**Course:** Blacktop and some gravel, accurately measured.

**Results:** Posted day of race, available on-line at BARC-mi.com.

**Facilities:** Restrooms **Refreshments:** Water and fruit.

**Information:** Josette Rang 989 714 2496 or [thetoothfairy0000@yahoo.com](mailto:thetoothfairy0000@yahoo.com)

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Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email Address \_\_\_\_\_

Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Age On Race Day \_\_\_\_ Sex M \_\_\_\_ F \_\_\_\_ Phone ( \_\_\_\_ ) - \_\_\_\_ - \_\_\_\_

5K Run \_\_\_\_ 5K Walk \_\_\_\_

Shirt Size: Small \_\_\_\_ Medium \_\_\_\_ Large \_\_\_\_ X-Large \_\_\_\_

XXL (\$1 extra) \_\_\_\_ 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 city of Standish 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, bicycles, or skateboards.**

Signature ( Parent if under 18 ) \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_