

"Son of a Sailor" Hess Lake 10K Run/Walk FIGHTS CANCER

July 11, 2009 - Hess Lake, Newaygo

Start Time: 8:30 AM

Location: River Valley Community Church, 53 East 88th St. at M-37.

All proceeds go to Cancer Awareness & Research.

Early Entry Fee: \$20.00 Received by July 5th.

Late Entry Fee: \$25.00 After July 5th.

T-shirt Guaranteed for paid entry's, received by July 5th.

Online Registration available at www.GoRaceGo.com

Pre-Race Packet Pick-up: Day before event (7/10) at 1249 Hess Lake Drive 4:00p - 8:00p

Race Day Packet Pick-up: 7/11 7:00a - 8:15a at River Valley Comm. Church

Awards: 1st Overall M&F, 1st, 2nd, 3rd M&F in Age Groups: 0-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

Chip Timing Provided By: Runner's Edge Race Timing

Online Results available at www.RunnersEdgeRaceTiming.com

Make checks payable to: Hess Lake Improvement Association

Mail to: PO Box 239, Newaygo, MI 49337

Questions? Contact Betty Bosowski (bettybuzz@juno.com) or Katie Lipner (231) 834-9915)

KLLipner@aol.com

PLEASE PRINT CLEARLY - FILL IN ALL SPACES - PLEASE PRINT CLEARLY

Event: 10K Run 10K Walk (Non-Timed) **Gender:** Male Female

Shirt - Circle One:

Last Name: _____ First Name: _____

Adult:

Address: _____

Sm Med

City: _____ State: _____ Zip: _____

Large

Date of Birth m/d/yr ____/____/____ Age (On Race Day): _____ Phone Number: _____

XL XXL

Signature(Parent if under 18) **Required for Entry! Read Waiver Below.**

Email: _____

This race will be timed using a Sportag "chip" timing device provided by the race and Runners Edge Race Timing. I understand it needs to be returned after the race. I agree that I will pay a **\$25.00** replacement fee if I do not return the Sportag.

WAIVER:-I know that running a road race is a potentially dangerous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions 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 Race Director, Officials, and all persons and organizations officially connected with this event and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.