

Hillsdale Baptist Church

5th Annual

Sonshine 5k Run/Walk

And Youth Fun Run

Saturday August 21, 2010

Start time 8:30am

Fun run first

5k run/walk immediately following

Registration
Mail registration form to:
Hillsdale Baptist Church
C/O Sonshine 5k
2211 W. Bacon Rd.
Hillsdale, MI 49242
DEADLINE AUG 2, 2010

www.hillsdale-baptist.org

This event is a road race with a few gentle slopes. It is suitable for All runners and walkers regardless of age or ability. Our desire is to offer a fun, yet competitive race and at the same time, glorify God. There is NO CHARGE to participate. A short sleeve t-shirt is available for a donation of \$8.50. You may indicate your size on the registration form if you desire a t-shirt. A limited number may be available on race day. Deadline for an entry that includes a t-shirt is Aug 2nd, 2010

Name _____ Address _____
City _____ State _____ Zip _____
Age (on 8/02/2010) _____ Phone _____ Sex M F
In case of emergency contact _____ Phone _____

I will enter (circle one)	5k run	5k walk	Youth fun run
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T-shirt size (if desired) Adult S M L XL XXL Youth S M

NO CHARGE TO PARTICIPATE. PLEASE INCLUDE CHECK FOR \$8.50 IF YOU DESIRE A T-SHIRT.

Please accept my entry in the Sonshine 5k. I hereby state that I am in good physical condition and able to safely participate in this event. I am aware of the inherent risks in participating in an athletic event of this type and for myself, my heirs, executors, and administrators, I release any and all rights and claims for damages I may have against Hillsdale Baptist Church or sponsors arising as a result of my participation in the Sonshine 5k. If signing on behalf of a participant under age 18, I additionally give authorization for emergency treatment if necessary.

Signature _____ Date _____

Participant or parent/guardian if participant is under 18