



12th Annual 5K Run/Walk + 1 Mile Kids Fun



KIDS FUN RUN
PRESENTING SPONSOR



Join Us!

Saturday, August 18, 2018
Allegan General Hospital | Allegan, MI

1 Mile Kids Fun Run: FREE!

Thanks to our Kids Fun Run Presenting Sponsor:

Chemical Bank of Allegan

Kids 12 and under please – Parents are encouraged to participate with their children. Strollers are welcome!

5K Fees: \$25 by August 4, 2018 | \$30 August 5-18, 2018



STRIDES FOR HEALTH ENTRY FORM

(Please PRINT clearly; One form per participant)

****Make checks payable to: AGH Foundation****

Event: (please check all that apply) 5K Run/Walk at 8:30 AM 1 Mile Kids Fun Run at 9:15 AM

First Name: _____ **Last Name:** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Email: _____ **Phone:** _____

Date of Birth: _____ **Age on 8/18/2018:** _____ **Gender:** M F **KAR Member Code:** _____

AHG Discount Code: _____ **Shirt Size: Adult*:** S M L XL XXL (+\$2.00; Not guaranteed after 7/30/18)

Short-sleeve, tech t-shirts are guaranteed to all 5K participants who are pre-registered by **Monday, July 30, 2018.*

Waiver and Release: By signing below, I certify that myself or my child is physically able and properly trained to participate in this race. I understand running a road race is a potentially hazardous activity and I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, effects of the weather, traffic conditions, etc. Therefore, I waive and release the Allegan General Hospital, Allegan General Hospital Foundation, Allegan Public Schools, or any other sponsor of this event from liability. I agree to abide by a decision of a race official and I grant permission for the use of any photographs, video recordings or any other record of this event for legitimate purpose.

SIGNATURE of ATHLETE: _____

Parent/Guardian Signature (if athlete is under age 18): _____

This event is endorsed by:

