

Strides



Fun Run Sponsored by:



1-Mile Kids' Fun Run

**Saturday, August 16, 2014
555 Linn Street, Allegan**

9:45 a.m.

Each child participating in the 1-Mile Kids' Fun Run will receive a commemorative t-shirt and a medal.

For more information:

Visit allegangeneral.org or call Bill Hammer at (269) 673-5431, ext. 3003.



Allegan General Hospital
foundation



Allegan Public Schools'
Swimming and Diving Program

The Strides for Health 5K Run/Walk is part of our commitment to maintain and improve the health of our community. It is presented by the Allegan General Hospital Foundation, Allegan Public Schools' Swimming and Diving Program, and the Allegan Tigershark Aquatic Club.

Strides for Health Kids' Fun Run Entry Form

Please Print

First Name: _____ Last Name: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Birthdate: _____ Sex: _____

E-Mail: _____ Shirt Size: __sm __med __lg
(youth sizes)

**Kids' Fun Run
Registration Fee:**
\$5.00 per child

**Send this form with
check payable to:**
AGH Foundation
Strides for Health
555 Linn St.
Allegan, MI 49010

Waiver: By signing below, I certify that my child is physically able and properly trained to participate in this race. I understand that running a road race is 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 AGH Foundation, Allegan Public Schools and the Allegan Tigershark Aquatic Club or any other sponsor of this event from liability. I agree to abide by any decision of a race official and I grant permission for the use of any photographs, video recording or any other record of this event for legitimate purpose.

Signature of Parent or Guardian: _____