

# The Arc Stroll, Roll & 5K Run



The Arc of Midland is a nonprofit organization which promotes the general welfare of people with developmental disabilities and increases their presence, participation and inclusion in the community.



**Saturday, August 28, 2010 @ 9:00 AM**  
**Northwood University & Pere Marquette Rail Trail**  
**Midland, Michigan**

<b>Fee</b>	>For Competitive Run or Walk \$20 with T-Shirt; \$15 without shirt. \$10 students under 18. Fun walkers \$15 with t-shirt. T-shirts cannot be guaranteed for late registrants
<b>Awards</b>	>Award for top overall Female and Male Medals for top 3 Run Finishers in each age group. Medals for top Male and Female 5K Walkers. Finishing pin for all participants
<b>Results</b>	>To be posted on line at <a href="http://www.thearcofmidland.org">www.thearcofmidland.org</a>
<b>Registration and Fee Payment</b>	>Online at <a href="http://www.thearcofmidland.org">www.thearcofmidland.org</a> ; or complete and mail this form with payment to <b>The Arc of Midland</b> at 220 W. Main Street, Suite 101, Midland, MI 48640; or register the day of race at 7:30 AM
<b>Age Groups</b>	>5K Run Categories- 14-under   15-24   25-44   45-59   Super Senior - Male and Female 5K Walk categories are Male and Female
<b>Facilities</b>	>Restrooms inside the Hach Student Life Center at Start/Finish Line
<b>Refreshments</b>	> Water provided at the ½ way turn on the course and snacks at finish line
<b>Contact</b>	> <b>The Arc of Midland (989) 631-4439</b> or <a href="http://www.thearcofmidland.org">www.thearcofmidland.org</a>

Registration online at [www.thearcofmidland.org](http://www.thearcofmidland.org) or below:

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ M.I.: \_\_\_\_  
 Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_\_ Sex: M\_\_ F\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone:(\_\_\_\_) \_\_\_\_\_ Shirt Size: Small\_\_\_\_ Med\_\_\_\_ Large\_\_\_\_ XL\_\_\_\_ XXL\_\_\_\_ XXXL\_\_\_\_

**I plan to participate in Competitive 5 K Run(  ) Competitive 5 K Walk(  ) Non-competitive Fun Walk (  )**

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 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. I, and anyone entitled to act on my behalf, waive and release The Arc of Midland, The United Way of Midland County, Their Board Members and Staff, Northwood University, any Volunteers, other attendees, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signed \_\_\_\_\_ Date \_\_\_\_\_

**If you are under 18, your parent/guardian must sign this form. You will be asked on day of registration to sign and produce a form with your parent/guardian's signature, accepting the waiver statement above.**

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_