

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 29, 2009 @9:00 AM Northwood University & Pere Marquette Rail Trail Midland, Michigan

- Competitive 5K Run at 9 AM-flat run- no hills
- Official Timing
- Non-Competitive Walk begins after Run finishes
Team walkers or individual walkers welcome
- Awards, Food, Music, Fun
- For more information or to register
call The Arc of Midland (989) 631-4439 or
www.thearcofmidland.org
- Volunteers welcome

Donations welcome - payable to
The Arc of Midland
220 W. Main St., Midland, MI 48640
All proceeds will benefit The Arc of Midland
to assist people with developmental
disabilities in our community

Age Groups	14-under 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 over 65
Awards	Top 3 Finishers in each age group. Finishing medal for all
Facilities	Rest Rooms inside the Hach Center at Start/Finish Line
Refreshments	Snacks and Water along the course and at finish line
Fee	\$15 or \$20 with T-Shirt. \$10 Under 18. T-shirts may be delayed for late registrants
Walk Fee	Walkers free without t-shirt, \$10 with t-shirt
Results	To be posted on line
Registration	Online at www.thearcofmidland.org or day of race at 7:30 AM
Contact	The Arc of Midland (989) 631-4439 or www.thearcofmidland.org
Fee Payment	Online at www.thearcofmidland.org or mail check to The Arc of Midland at 220 W. Main Street, Suite 101, Midland, MI 48640

Registration on line 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 ___
 I plan to participate in Walk() Run()

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 guardian must sign this form. You will be asked on day of registration to sign and produce a form with your guardian's signature, accepting the waiver statement above.

Guardian Signature _____ Date: _____