

AVSO/FORKS 5K RUN/WALK

Date: 09/18/2009

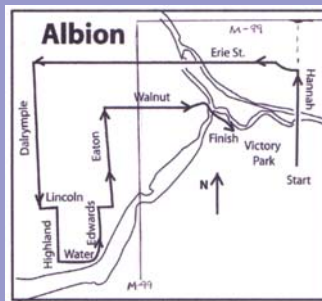
Time: 6:00 p.m.

Pre-register by: 09/11/2009

Entry fees:

- \$15 for pre-registered runners/walkers
- \$20 on the day of the race
- Please add \$5 for t-shirt

Directions to Victory Park:
Take I-94 to Albion, Exit 124;
follow South M-99 for 2.2 miles
to Hannah Street; turn South.
Proceed 0.5 miles to Victory
Park entrance; follow signs to
pavilion.



(Map drawing courtesy of Maggie LaNoue)

**For more information or to register
call AVSO 517-629-5574 or email
albionvolunteers@gmail.com.**

Sponsored By:
Guardian Fiberglass

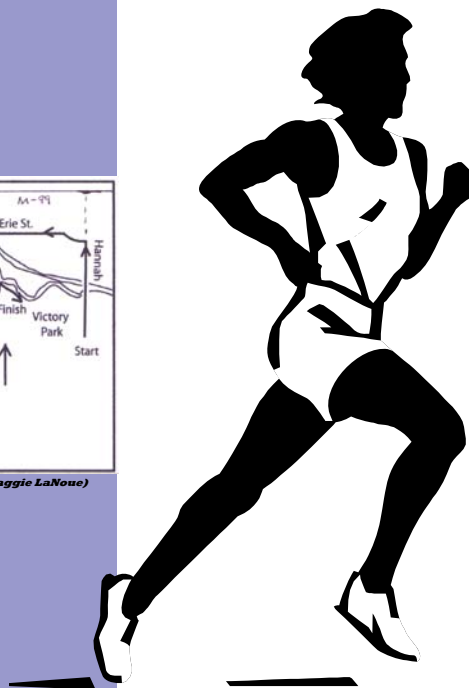


AGE GROUPS

For Men & Women:
14 and under, 15-18, 19-24,
25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60-66,
67+

Medals awarded to the top
three finishers in each
division.

A free kids' run will be
held for participants ages
12 and under: no pre-
registration needed, no t-
shirts, participation
ribbons awarded.



Mail form and entry fee to:

AVSO/Forks 5K Run/Walk
131 E. Cass St.
Albion, MI 49224

Phone: 517-629-5574
Fax: 517-629-5575 (after 8/1/09)

Name _____

Address _____

Phone _____

T-shirt Size: S M L XL
Run/Walk: Run Walk

Sex _____ Age on race day _____

WAIVER: Running or walking is a potentially dangerous activity. I should not enter unless I am medically healthy and properly trained. I agree to abide by any decision of a race official regarding my ability to safely compete in this event. I assume all risks associated with participation in this event including, but not limited to, contact with other participants, the effects of weather including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver, and in consideration of acceptance of my entry, I hereby forever waive and release the City of Albion, Calhoun County and Albion Volunteer Service Organization, their representatives and successors from all claims of liabilities of any kind arising from my travel to and participation in this event.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____