

# Utica Education Association



## 5K Trail Run & 1 Mile Fitness Walk

**Sunday, September 19, 2010 at 9:30 am**

**Location:** West Branch (AREA C) in Stony Creek MetroPark, Shelby Twp., MI 48316. A beautiful autumn run on leafy paths, through tree-lined trails, over rolling hills. It's a scenic, fun and challenging course that will lure you back year after year!

**Entry Fees:** 5K Run and 1 Mile Walk - (See Section 6 below)

- Each entry fee includes an event T- shirt custom designed by a local artist, and is non-refundable.
- Daily Park Vehicle entry is \$4.

**Packet Pick-up (race day only) & Registration:**

- 8:00-9:15 A.M. at West Branch (AREA C)

**Start:** 9:30 A.M. (Walk starts 5 minutes after the 5K Run)

**5K Results & Awards:** Awards to Overall Male and Female Winners. Medals 3-deep in each age group... male & female! 14 & under / 15-19 / 20-24 / 25-29 / 30-34 / 35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60-64 / 65-69 / 70

- The 5K course is **RMDC** certified and chip-timed
- Results will be posted on [www.runmichigan.com](http://www.runmichigan.com)

**1 Mile Walkers receive "Participation Ribbons"**

**The first 25 male and 25 female runners who cross the finish line will receive a special event item.**

**Questions:** Contact Nancy Smith at [nancy.smith@uticak12.org](mailto:nancy.smith@uticak12.org)

Event Information: [www.ueastaywell.org](http://www.ueastaywell.org)

Online Registration Available at: [www.signmeup.com/69157](http://www.signmeup.com/69157)

### UEA 5K RUN and 1 MILE FITNESS WALK ENTRY FORM (Please Print)

COMPLETE SECTIONS 1-7, SIGN FORM AND MAIL ENTRY WITH CHECK OR MONEY ORDER TO:

**UEA Office 13969 Plumbrook, Suite A, Sterling Heights, MI 48312**

Make checks payable to: **Utica Education Association**

**1**

Last Name

First Name

Address

City State/Province

U.S. Postal Code (Zip Code) Postal Code (If other than U.S.)  
 -

Area Code & Daytime Phone  
 -  -

E-mail

**6**

**CHOOSE YOUR EVENT and COST**

Check Event	On Or Before 9/12	After 9/12 Race Day
<input type="checkbox"/> 1 Mile Fitness Walk	\$10	\$12
<input type="checkbox"/> 5K Run	\$18	\$22

**7**

**RELEASE FORM**

• Only Complete Entry Forms Accepted •  
 APPLICATION WILL NOT BE PROCESSED WITHOUT SIGNATURE

In consideration of my participation in this event, I waive any and all claims for myself and my heirs against the sponsors of this event, their agents, representatives, successors, and assignees for any and all injuries suffered by me at said event, whenever discovered. I further state that I am in proper physical condition to participate in this event.

Athlete Signature (or Parent, if under 18):

Signature Date

**2** Age Race Day

**3** Birth Date  MO /  DAY /  YR

**4** Gender M  F

**5**

**Tee Shirt Size (Check One)**

Adult Sizes  S  M  L  XL  XXL

L or XL will be given if size above is not checked.

**RMDC:** Indicates that the course used by this race has been certified accurate by RunMichigan. A course certified by RunMichigan can be expected to be within 0.2% of the advertised distance, or within 20m for a 10km course.

