

MILES FOR MEALS



5K RUN & WALK

to benefit the Livingston County Meals on Wheels Program



“Outrunning Hunger One Meal at a Time.”

JULY 25, 2009

Held in conjunction with the Brighton **SUMMERFEST**

Location: Mill Pond Park in Downtown Brighton **Time:** 8am 5K Run, 8:15am Walk/Fun Run

Entry Fee: 5K RUN - \$20 Early Registration by July 10, \$25 - 5K RUN after July 10

(T-Shirt not guaranteed after July 10) Walk/Fun Run Early Registration \$15 through July 10 and \$20 after July 10 (T-Shirt not guaranteed after July 10) Children 10 and under – free.

Awards (Chip Time): Top Men and Women overall (NOTE: A \$30 fee will be charged for timing chips not returned.)

Course: Paved **General Contact:** livwestoakmow@yahoo.com

FOR ADDITIONAL INFORMATION

www.LivingstonMilesForMeals.org

Mailing Address: 9525 E Highland Road · Howell, MI 48843 · Please make checks payable to the “Livingston County Senior Nutrition Program” or LCSNP.

Name: _____ Male: ___ Female: ___

Address: _____ Email: _____

City: _____ State: ___ Zip: _____ Age on 7/25/09: _____

Phone: _____ Additional Donation included: _____

Race: 5K Run ___ 5K Walk ___ Fun Run ___ T-shirt Size: S ___ M ___ L ___ XL ___ XXL ___

Waiver and Release

In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims and courses of action I have or may have against The Event, its Primary Sponsor and its affiliates, their agents, employees, officers, directors, successors and assigns, the Event Organizers, the City, and any and all sponsors, their representatives and successors, that may arise as a result of my participation in The Event and any pre- and post- event activities. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor, if applicable. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including commercial advertising.

I understand and agree to the waiver and release

Participant Signature (Guardian if under 18): _____ Date: _____