

Get Your Wings 5k Fun Run/Walk
Saturday March 23, 2013
In front of North Muskegon High School

Start: 8:00am Moulton Ave near Sunset

Cost: \$15 Registration fee

Cost Includes: Awards, Refreshments, and Snacks

Race Application

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Age on Race Day: _____

Daytime Phone: _____ E-mail: _____

Please Select one of the following:

5K Run-\$15 _____

5K Walk-\$15 _____

Optional Shirt \$10 each No___ S___, M___, L___, XL___

Make All Checks Payable to:

North Muskegon Middle School/High School

1600 Mills Ave

North Muskegon, MI 49445

Release: I, the undersigned, acknowledge that a road race is a potentially hazardous activity. I certify that I am medically able and have sufficiently trained for this event. I agree to abide by all the decisions of the race as final. In consideration of the acceptance of my entry and intending to be legally bound, I do hereby for myself, and anyone entitled to act on my behalf, waive, release and discharge North Muskegon High School, it's officers and staff member, and all other sponsors, and participants from any and all liabilities arising out of my participation in this event.

Signature: _____

All Applicants must Sign

Parent or Guardian Signature If Under age 18: _____

For more information on the race, or to be a race day volunteer, contact:

Toni Seyferth
(231)-670-1147

North Muskegon High School
(231)-719-4100

seyferto@nmmps.k12.mi.us

<http://nmmps.k12.mi.us/site/default.aspx?PageID=1>