



Child & Family Services of Southwestern Michigan, Inc.

5K Run / Walk

Saturday August 16th, 2014 – 8:00 AM

5K for 5



All Proceeds Support 5 Programs:

Autumn House Adult Day Services

Harbor House Adult Day Services

Helping Hands Adult Homecare Services

Safe Shelter for Domestic Violence

West Michigan Guardianship

www.cfsswmi.org • 269.925.1725

**Many Door Prizes awarded by
random drawing of participants !**

Start Time – 5K Run / Walk will start at 8:00 AM

Check In – Starts @ 7:00 AM

Location-Candlewood Suites

2567 W Marquette Woods Rd (I-94 Exit 23)

Stevensville MI 49127

Course - Enjoy the scenic wooded area of Ridge Road to Glenlord Beach. A flat course Located along the beautiful shores of Lake Michigan.

***There will be vehicular traffic; please stay to the shoulder**

Divisions – 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 & Over

Awards-Gift Card & Medal First Overall Male & Female Medals to 1st, 2nd & 3rd place M & F in each age group & First 5 Male / Female Walkers

Early Registration -

\$25 received by August 9th / \$30 After August 9th
Pre-Registered Entrants Guaranteed a cool race T-shirt

Race Day Registration begins at 7:00 AM

Professional Chip Timing

(On line registration to be posted soon)

-Or-

**Print a form from our website and
Mail checks payable to CFSSWMI with
registration form to:**

Child & Family Services of SWMI
PO Box 8789

Benton Harbor, MI 49023-8789

SWMI RACERS Discount Code_____

First Name: _____ Last Name: _____

Age on Race Day: _____ M _____ F _____ Run _____ Walk _____

E-Mail: _____ Phone: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Shirt Size: Sm _____ Med _____ Lg _____ XL _____ XXL _____ (\$2.00 additional for XXL)

Waiver: I know that entering a running race is a potentially dangerous activity. I, for myself, assume all risk associated with competing in this event including, but not limited to, falls, contact with other participants, traffic, and the condition of the road, all such risk being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to on my behalf, waive and release Child & Family Services of Southwestern Michigan, Inc. and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____

