

This event endorsed by



BAY HARBOR 5K RUN & WALK *the United Way* 1/4 MILE KID'S RUN SATURDAY, MAY 15, 2010

STARTING TIME
5K Run & Walk 9:00 am
Kid's Race 10:00 am

LOCATION: Race will start and end in the Village at Bay Harbor.

CHECK-IN: Village at Bay Harbor - Lawn Panels by the Marina - 8:00 am

TRADITIONAL COURSE: Through the Village at Bay Harbor along the shores of Bay Harbor Lake. The entire run is on paved roads. Kid's race is approximately 1/4 mile and takes place in the Village at Bay Harbor.

AWARDS: Runners—first to finish in each division.

DIVISIONS: Run Divisions: 14 & Under; 15-16, 17-19, 20-29; 30-39; 40-49; 50-59; 60-69, 70 & over (male and female category)
Walk Divisions: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over (male and female category)

RESULTS: Race will be scored with the Championship, you must wear a chip on your shoe to be scored. There will be no start line mats, therefore the race will be scored on gun time. Results will be posted on race day. Awards Ceremony will follow race. Please arrange to have someone pick-up your award if you will not be attending the award ceremony - awards will not be mailed.

ENTRY FEES: 5K Run/Walk: \$20.00 Postmarked by May 1 or \$25.00 Late Registration / Day of Registration
Kid's Race: 8 & under \$10.00 Postmarked by May 1 or \$12.00 Late Registration / Day of Registration
A t-shirt is guaranteed to all pre-registered entrants. T-shirt cannot be guaranteed on race day or for those who register after May 1.

CONTACT INFORMATION & MAIL REGISTRATION FORM TO:

Bay Harbor Foundation
ATTN: Candy Fitzsimons
750 Bay Harbor Drive
Bay Harbor, MI 49770
Phone: 231-439-2700 Fax to 231 439 2701
Please Make Checks Payable To:
Bay Harbor Foundation (U.S. FUNDS)

Bay Harbor Foundation is a charitable, nonprofit organization that was established to provide a process for receiving donations and distributing grants in Northern Lower Michigan. The Foundation is proud to be partnering with the Char-Em United Way. The United Way works in many ways to meet the health and human needs of the residents of Charlevoix and Emmet Counties.



REFRESHMENTS: Beverages and fruit will be available after the race for all participants.

ACCOMMODATIONS: Please call Bay Harbor Resort & Marina, Hotel and Conference Center at 888-BAY-HARBOR and ask for room accommodations. Showers are available at the Bay Harbor Swim & Fitness Club and the boater's lounge for race participant use.

BAY HARBOR 5K RUN & WALK—DAY OF REGISTRATION SATURDAY, MAY 15, 2010

MAIL TO: Bay Harbor Foundation
Attn: Candy Fitzsimons
750 Bay Harbor Drive
Bay Harbor, MI 49770
FAX TO: 231-439-2701

PLEASE PRINT

LAST NAME

FIRST NAME

MI.

STREET ADDRESS

CITY/TOWN

STATE

ZIP CODE/POSTAL CODE

PHONE NUMBER

DATE OF BIRTH

AGE ON RACE DAY

E-MAIL ADDRESS (PLEASE PRINT CLEARLY):

EVENT 5K RUN 5K WALK KIDS RUN/WALK SEX: M F

T-SHIRT S M L XL KID'S

CHIP INFORMATION (check one of the following) **NOTE: ALL 5K PARTICIPANTS MUST WEAR A CHIP TO BE SCORED**

- I will be using a chip provided by the race and understand that I will be assessed a \$30 fee if I do not turn in my chip at the finish.
- I own my Champion Chip, my chip number is: _____
- I would like to purchase my own Champion Chip. (Check One)
 - I have enclosed a check payable to Time & Time Again Professional Event Timing for \$33.00 (\$30.00 plus tax and shipping), OR
 - Please charge my credit card. My card number is : _____ / _____ / _____ / _____ EXP _____ / _____

TOTAL AMOUNT ENCLOSED: \$ _____ CREDIT CARD INFORMATION _____ / _____ / _____ EXP _____ / _____

PLEASE MAKE CHECKS PAYABLE TO: BAY HARBOR FOUNDATION

In consideration of my participation in this event, I for myself, my heirs, executors, and administrators, waive all rights and claims for damages I may have against Bay Harbor and its affiliates, the sponsors of this event, their agents, representatives, successors, and assignees for any and all injuries suffered by me at said event, or which may arise out of my traveling to, participating in, and returning from this event. I further state that I am in proper physical condition to compete in this event.

ALL PARTICIPANTS MUST SIGN WAIVER _____ DATE: _____