

Run For Almont

ALMONT, MICHIGAN
Saturday, August 8, 2015
(make up date for bad weather – August 9, 2015)

5K Run/Walk & 1 Mile Fun Run HOMECOMING Edition

A 5K Run/Walk and One Mile Fun Run will occur on the school grounds of Almont. Awards will be given to the top overall male and female runners. All registered participants will receive a participation medal and a T-shirt (while supplies last) and refreshments will be provided at the finish area.

Early Registration (before July 29): **\$20.00 for the 5K**
 \$15.00 for the One Mile Fun Run
 Free for ages under 5 – can be accompanied on course.

Race Day Registration** **\$25.00 for the 5K**
(includes medal & T-shirt while supplies last) **\$20.00 for the One Mile Fun Run

Check in/Registration time: 7 – 7:45 AM

Check in/Registration will be inside the football/track area under the Black Track Tent.

Start Time: Approximately 8 AM (Fun Run about 9 AM)

5K Course: The 5K will start on the North end of the practice football field of Almont High School and follow a course that takes you in and around our three schools and our orchard. The finish will be at the 50 yard line on the high school track.

One Mile Fun Run: The One Mile Fun Run will start on the North end of the practice field of Almont High School and will loop through the orchard and end at the 50 yard line on the high school track.

Parking: Almont High School Parking Lot
4701 Howland Rd, Almont MI 48003

Entrance: West entrance of the football/field by the
Concessions stand

Make Checks Payable To: *Almont Homecoming Committee*

Event Hosts: *Almont High School Track Program*
The Township and Village of Almont

Questions (?): Jamey Wade jawade@umflint.edu

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| <p>Mail Entry by 7/29 to: Gloria Howe 817 North Main Street Almont, MI 48003</p> |
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***Each Participant must have an entry form filled out. Parental signatures needed for anyone under 18.

Name: _____

M / F (circle one) Age _____ Date of Birth _____

Street _____ City _____

State _____ Zip _____ Phone # _____

ENTRY: (Circle one) 5K Run 5K Walk One Mile Fun Run

Youth Size YS YM YL Adult T-Shirt Size: S M L XL 2XL

I understand the physical demands of the activity and I release any and all rights or claims for damages against Hosts (including the Village of Almont), the 'Run for Almont' race committee, and all other sponsors and individuals in the race for any and all injuries, loss or damage suffered by myself or the participant at or in any way connected with these injuries. Under the age of eighteen requires a parent's signature.

_____ (Signature of participant or parent) _____ Date

BIB # _____ (leave blank – will be assigned day of the race)

Name: _____

M / F (circle one) Age _____ Date of Birth _____

Street _____ City _____

State _____ Zip _____ Phone # _____

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