

39th Annual Stony Creek Distance Run

Sponsored by

STONEY CREEK



RUNNING CLUB

Thursday, August 5, 2010

Stony Creek Metropark, Eastwood Beach-Shelby Twp.

(2 Miles west of M-53 off 26 Mile Rd)

6:00 PM: 1 Mile Kids Fun Run

6:30 PM: 5K Run

The Course consists of rolling hills, and traverses through the meadows and wooded trails, including a part on a paved bike path.

Awards to top three female and male finishers in each age group.

Daily Park Vehicle entry is \$5.

Online Registration Available at: www.stoneycreekrunningclub.org

Race Day registration: 3:45 PM until 15 minutes prior to race.

Race contact info: runyatesrun@sbcglobal.net (248) 969-1323

PLEASE PRINT CLEARLY * USE SEPARATE FORM FOR EACH RUNNER

First Name _____ Last Name _____ Age on Race Day _____
 Address _____ City _____ State _____ Zip _____
 Email _____ Phone _____

Mail Completed Form and Payment to:

Stoney Creek Running Club, 51194 Romeo Plank #204 Macomb, MI 48042

Select Race/Division	Entry Fee	Shirt Size
<input type="checkbox"/> 5K <input type="checkbox"/> 1 Mile Kids Run <input type="checkbox"/> Female <input type="checkbox"/> Male	1 Mile Kids Run: \$10 before 7/28/10 (12 & under) \$12 after	<input type="checkbox"/> SMALL <input type="checkbox"/> MEDIUM <input type="checkbox"/> LARGE <input type="checkbox"/> X-LARGE <i>Shirts only guaranteed to first 100 registered racers</i>
<input type="checkbox"/> 12 and under <input type="checkbox"/> 13 – 19 <input type="checkbox"/> 20 – 29 <input type="checkbox"/> 30 – 39 <input type="checkbox"/> 40 – 49 <input type="checkbox"/> 50 – 59 <input type="checkbox"/> 60 – 69 <input type="checkbox"/> 70 +	5K Run: \$10 before 7/28/10 \$12 after <i>All entry fees are non-refundable</i>	

PLEASE READ THE FOLLOWING STATEMENT CAREFULLY AND SIGN BELOW BEFORE SUBMITTING ENTRY: I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in the event including, but not limited to: falls, contact with other participants, the effects of weather and temperature, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act of my behalf, waive and release the Stoney Creek Running Club, Huron-Clinton Metropolitan Authority, Stony Creek Metropark, Shelby Twp. and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, for any legitimate purpose.

Participant's Signature _____

Date _____

Parents Signature (if participant is under 18 year) _____

Date _____

