



RUN AS ONE



MLK PARK | AUGUST 19, 2017 | 8 AM - 12PM

OFFICIAL REGISTRATION FORM

PARTICIPATION CHALLENGES

Please indicate if you would like your name included in a participation challenge by checking one:

Faith Based () Community ()

Name of Organization: _____

ENTRANT INFORMATION

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Age: _____ Date of Birth: _____

Sex: M () F () Shirt Size (adult): S M L XL

Phone: _____

Email: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

Athlete's Signature: _____ Date: _____

Parent or Guardian's Signature: _____ Date: _____

(If athlete is under 18 years of age)

Mail this completed form by August 10, 2017 along with a check or money order (please do not send cash)

2017 REGISTRATION

Early - July 7 - 23 \$15

Regular - July 24- August 17 \$20

Late - August 18 - 19 \$25

PAYABLE TO

GRAAHI 5K Run/Walk
515 Michigan NE Suite 102
Grand Rapids, MI 49503

REGISTER ONLINE

www.rhythmrun.com

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk.

I assume all risks associated with running and/or walking in this event including but not limited to falls, contact with other participants, weather, including high heat and/or humidity, traffic and the conditions 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 accepting this entry form. I, for myself, my heirs, and personal representative waive all rights and release the Grand Rapids African American Health Institute (GRAAHI), all race sponsors, their agents, representatives, successors, and assigns from any and all liability for injuries or damages suffered by me arising out of traveling to, participating in or returning from the run/walk. I grant permission to the GRAAHI 5K Run/Walk to use any photographs, motion pictures or any record of this event for any purpose. Race organizers reserve the right to cancel the event in case of severe weather. Registration fees are non-refundable and non-transferable.