

# First Choice Fall Color 5k Trail Run/Walk and Family Fun Run



## Date: October 2, 2010

Location: East Jordan High School

Proceeds from run/walk will be split between First Choice Physical Therapy Scholarship Fund and the EJHS Volleyball Team . Prizes will be awarded for various age groups, for run/walk finishers.

Time	Schedule of Event
9:00 AM	Registration
10:00 AM	Start 5K Run; Walkers and Family Fun Run to start immediately after runners are off.
12:00 PM	Awards will be presented once all runners/walkers are in (time is approximate)

- 5K Trail Run/Walk  
Check out the beautiful fall colors as you wind through the trails surrounding EJHS
- Family Fun Run  
Enjoy the gorgeous autumn colors on an approximately 1 mile loop surrounding EJHS

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_ GENDER (M/F)

PHONE: \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

(Please circle your choices)

I'd like First Choice Physical Therapy to inform me of upcoming events using this e-mail address (yes no)

Birthdate \_\_\_\_\_ I would like to participate in the (5K Run/Walk or Family Fun Run)

What size T-shirt would you like? (XS S M L XL XXL) (Guaranteed with Early Bird registration)

I have enclosed \_\_\_\_\_ \$20 (Early Bird fee) \_\_\_\_\_ \$25 Late entry fee after September 15

Ages 6-12 \_\_\_\_\_ \$15 ( Early Bird fee) \_\_\_\_\_ \$20 Late entry fee after September 15

Ages 5-under \_\_\_\_\_ FREE (Sorry, no T-shirt)

**Checks made payable to: First Choice Physical Therapy, PO Box 547, East Jordan, MI 49727**

In consideration of this entry being accepted, I, for my heirs, executors and administrators, waive and release any and all claims for personal damages I may have against the organizers, First Choice Physical Therapy, Inc., County of Charlevoix sponsors of this race and volunteers. I attest and verify that I am physically fit and have sufficiently trained for this event.

Signature: \_\_\_\_\_

(parent signature if under 18)

If you need additional forms, please visit our website at [www.firstchoicept.com](http://www.firstchoicept.com)

If you have any questions, please contact Anne at 231-536-2168