

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



Date: October 8, 2011

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)

Age _____ 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

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