

Joan C. Banfield 5th Annual 5K RUN/WALK

SATURDAY,
May 2, 2009

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8:30 -1 Mile -
Kids run
9:00 -5K
Run/Walk
10:00 Kid's Dash
200 meter adult
dash after the kid's
run

1 Mile Kids Cross Country Race

200-meter Kid's Dash 6 yrs. & under
Free (just show up)

200 meter Adult Races

(After the kids dash)
20 & under -- 40 & under -- 41 & over

Great awards & give-
aways,
entertainment,
refreshments,
beautiful course.

HUDSON MILLS - METROPARK, DEXTER, MI

\$4.00 Park Fee or Annual Pass (8801 N. Territorial Rd. Dexter, MI 48130)

AWARDS: 3 DEEP IN ALL AGE GROUPS -- 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90 -99. Special Awards to Overall and Master's (40 & over) Male & Female top finishers.

1 Mile Awards to all finishers and top boy & girl.

T-SHIRTS - To the 1st 250 registered. All pre-registered are guaranteed

The Joan C. Banfield Foundation is a non-profit group assisting Dexter Community Schools. Go to www.jcbfoundation.org to learn more or email jazzrun@charter.net

FEE: before April 25 = \$20.00 After April = \$25.00
Kid's run before April 25 = \$10.00 After April 25 = \$20.00
FAMILY FEE = \$50 max. (pre-registered all together)
MAIL TO: 9138 Horseshoe Ct. Dexter, MI 48130
Or go to Life Is Good - Downtown Dexter
Make checks payable to: Joan C. Banfield Foundation

RACE DAY REGISTRATION @ PARK BEGINS 7:30
PACKET PICK-UP ON RACE DAY ONLY.

RACE DIRECTORS:
KATIE & BOB JAZWINSKI
JAZZRUN@CHARTER.NET



RACE 5K _____ 1 MILE _____
T-SHIRT S M L XL (ADULT SIZES)
Name _____
Male _____ Female _____
Age _____ Date of Birth _____
Email _____
Address _____
City _____
State/ Zip _____
Signature _____

(If under 18, guardian signature.)

Waiver & Release: I know that running a road race is a potential hazardous activity. I should not enter & run unless I am medically able & properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, the effects of the weather, especially cold/heat, traffic and road conditions, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry I, for myself and anyone entitled to act in my behalf, waive and release the Joan C. Banfield Foundation, Hudson Mills Metro Park, Dexter Community Schools and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, and any other record of this event for any legitimate purpose. The event director has the right to cancel this event in case of severe weather.