

4TH ANNUAL

SPRING LAKE HERITAGE FESTIVAL

JUNE 19

2010

5K

PRESENTED BY



North Ottawa Community  
Health System

RUN/WALK

WHERE THE RUBBER MEETS THE ROAD

**TO REGISTER:**

Mail this attachment with cash or check payable to NOCHS at:  
NOCHS 5K Run/Walk, 1309 Sheldon Road, Grand Haven, MI 49417

Name (PARTICIPANT / PARENT 1): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Age (as of 6/19/10): \_\_\_\_\_ Sex:  Male  Female

T-Shirt size (adult S, M, L, XL, XXL): \_\_\_\_\_

# of Family Members (if using family rate): \_\_\_\_\_

Please list name, age & t-shirt size of all additional family members:\*\*

1. \_\_\_\_\_  
(PARTICIPANT / PARENT 2) NAME, AGE & T-SHIRT SIZE

2. \_\_\_\_\_  
(CHILD 1) NAME, AGE & T-SHIRT SIZE

3. \_\_\_\_\_  
(CHILD 2) NAME, AGE & T-SHIRT SIZE

4. \_\_\_\_\_  
(CHILD 3) NAME, AGE & T-SHIRT SIZE

5. \_\_\_\_\_  
(CHILD 4) NAME, AGE & T-SHIRT SIZE

**KIDS FUN RUN** Parents please sign the waiver below for your child

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age (as of 6/19/10): \_\_\_\_\_ Sex:  Male  Female

T-Shirt size (Youth S, M, L): \_\_\_\_\_

**CHIP INFORMATION:**

I will use the chip provided by the race and will return it after the race. I understand that I will be charged a \$25 fee if I do not return my computer chip.

I know participating in a 5K run/walk is a potentially hazardous activity. I certify that I am and my children are medically able and properly trained. I assume all risks associated with this event. I hereby release and hold harmless the Spring Lake Heritage Festival, North Ottawa Community Health System, and the race director from any and all liability for injury or damages and hereby waive any and all rights for claims of injury and/or damages to me and my children. By signing this waiver I also give North Ottawa Community Health System full rights to use any and all photos that may be taken of me and my children for marketing or other purposes.

\_\_\_\_\_  
SIGNATURE OF PARTICIPANT / PARENT ONE

\_\_\_\_\_  
SIGNATURE OF PARTICIPANT / PARENT TWO

\* Email is required for race communications  
\*\*Family includes parents and up to four children

FOURTH ANNUAL SPRING LAKE HERITAGE FESTIVAL

# 5K RUN/WALK

WHERE THE RUBBER MEETS THE ROAD

PRESENTED BY  North Ottawa Community Health System

**ENTRY FEE:**

Early registration (postmarked by June 4):

**5K (Individual): \$20.00**

**5K (Family - Parents and up to 4 kids): \$50.00**

**Kids Fun Run: Free!**

**LATE/DAY OF REGISTRATION:**

**5K (Individual): \$25.00\***

**Kids Fun Run: Free!\***

*\*T-shirts are not guaranteed for late registrants.*

**STARTING LINE & TIME:**

The June 19<sup>th</sup>, 5K Run/Walk starts at 8:00 AM on N. Fruitport Road, located next to Central Park in Spring Lake, and winds through some of the most scenic parts of Spring Lake. All runners and walkers must be registered and have a race number to participate. Please no pets, bikes, skateboards or roller blades on the course, strollers are welcome.

**KIDS FUN RUN:**

Free! This race is truly a family event. The Kids Fun Run begins at 8:45 AM near the 5K Finish Line in Central Park and is about a 1/3 of a mile. Please register by filling out the form and returning it to address above. Parents, please sign the waiver for your child located at the bottom of the form.

**RESULTS & TIMING:**

Results will be professionally chip timed by Runner's Edge Race Timing. Final results will be available within minutes of the finish and will be available online during the race at RunnersEdgeRaceTiming.com.

**AWARDS/AGE CATAGORIES:**

Awards will be given to the overall male and female winners, the male and female master winners, and medals given to the top three male and female winners in the following age categories: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

**PACKET PICK-UP:**

T-shirt/packet pick-up will be Friday, June 18 at Mill Point Health Center (601 Savidge, SL), from 4:00-7:00 PM and Saturday, June 19, from 6:30-7:45 AM at Central Park (corner of Fruitport Road and Central Avenue). You will receive your timing chip and race number at this time.

**ADDITIONAL INFORMATION:**

Additional information and updates including a course map, parking and online registration can be located on our website at slheritagefestival.com/5krun. If you have any questions feel free to contact us at slheritagerun@gmail.com. Online registration is available atGoRaceGo.com.