

# Saturday, March 4, 2017

## 5K Walk/Run

### Starts at 10:00 AM



Sponsored by:  
**UEA Staywell**



**LOCATION: Lake St. Clair Metropark**  
**31300 Metro Parkway**  
**Harrison Twp., MI 48045 (586) 463-4581**

### EVENT FEATURES

- Long sleeve Tech shirt for all runners
- Finisher medals for all participants
- Certified course with scenic view
- Bib tag timing
- DJ, Post race food/drink

### AWARDS & RESULTS

- Age Group Awards
- Overall and Masters Male & Female Winners
- Results posted on [runmichigan.com](http://runmichigan.com) & [www.hoodiehoorun.com](http://www.hoodiehoorun.com)



#### ENTRY FEES: See Section #6 below

- Only pre-registered guaranteed a Tech shirt
- Finisher medals for ALL participants
- Daily Park Vehicle entry without annual Metropark Pass

#### PACKET PICKUP & RACE DAY REGISTRATION

- March 2 - Time and Location on <http://www.hoodiehoorun.com>
- March 4, 8:00 a.m. - Lake St. Clair Metropark (Welsh Activity Center)

**VIRTUAL RUN OPTION!** Check website for details

#### MAIL COMPLETED FORM & PAYMENT TO:

UEA Staywell - Attn. Nancy Smith  
 55161 Whitney Dr., Shelby Twp., MI 48315

#### PROCEEDS BENEFIT: Macomb Food Program, 4 Paws 1 Heart

**EVENT INFORMATION:** <http://www.hoodiehoorun.com>  
**ONLINE REGISTRATION:** [raceroster.com/9764](http://raceroster.com/9764)

**1**

Last Name

First Name

Address

City State/Province

U.S. Postal Code (Zip Code) Postal Code (If other than U.S.)  
 -

Area Code & Daytime Phone  
 -  -

E-mail (Please Print Clearly)

**6 CHOOSE YOUR EVENT & COST**

Check Event	Through 2/9	On or Before 3/1	After & Race Day
<input type="checkbox"/> 5K Walk/Run	\$25	\$28	\$32
<input type="checkbox"/> Kids 5K (12 & Under)	\$20	\$23	\$25

**All entry fees are non-refundable**  
**Mail in entry through 3/1**

**2** Age Race Day

**3** Birth Date  /  /   
MO DAY YR

**4** Gender M  F

**5** **Shirt Size Information (Check One)**

Adult Sizes  S  M  L  XL  \*2XL

Youth Sizes  XS (2-4)  S (6-8)  M (10-12)  L (14-16)

*\*2XL is an additional \$2.00*

**7** **RELEASE FORM**

• Only Complete Entry Forms Accepted •  
 APPLICATION WILL NOT BE PROCESSED WITHOUT SIGNATURE

WAIVER & RELEASE FROM LIABILITY: I know that running/walking is a potentially hazardous activity. I should not run/walk unless I am medically able and properly trained. I assume all risks associated with participating in this event including, but not limited to, fall, contact with other participants, the effects of weather, traffic and road conditions. Having read this release and having agreed to its contents, I for myself and anyone entitled to act on my behalf, waive and release all promoters, representatives, agents, sponsors, municipalities, and participants from claims or liabilities of any kind. I acknowledge that there are NO REFUNDS. Finally, I grant permission to use any photographs and/or releases of this event for any legitimate purposes.

Athlete Signature (or Parent, if under 18):

Signature Date