

2nd Annual
Q-Town 5K
FRIDAY, AUGUST 21, 2009

5K Run/Walk Starts at 7 p.m.
Starts at Quincy High School

Registration **5:30-6:30 p.m.**
At Quincy High School
1 Mile Fun Run and 1/4 Mile Tot Dash will follow 5k

Locations to drop off Registration Forms:
Quincy Village Office, Beth Ann's Embroidery
Or mail to Quincy Village Office,
47 Cole Street, Quincy, Michigan



QUESTIONS??

*Race Director: Loretta Tobolske-Horn
517-283-1726 or lorettahorn@charter.net

Awards to top three male & female runners in each age division, and overall male and female

5K Run: 10 and under, 11-13, 14-15, 16-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64 and every 5 year age group beyond.

1 Mile Fun Run: 12 and under

1/4 Mile Tot Dash: 6 and under

All Fun Run & Tot Dash finishers receive award

Awards will follow Tot Dash!

Race Timing by Michigan Running Foundation

www.runningfoundation.com

Entry Form-One entry for each applicant. Please print.

Name: _____

Street: _____

City: _____

State: _____ Zip _____

Phone: _____

Age on 8-21-09 _____ Gender M F

Email Address: _____

5K run _____ 5K walk _____ 1 Mile Fun Run (12 and under) _____

1/4 Mile Tot Dash (6 and under) _____

T-Shirt Size **Youth** S M L

T-Shirt Size **Adult** S M L XL XXL

Please make checks payable to: **Quincy Chamber of Commerce**

Entry Fees

5K Run/Walk

\$15 if received by August 7th

\$18 after August 7th

1 Mile Fun Run / 1/4 Mile Tot Dash

\$10 if received by August 7th

\$13 after August 7th

Early entry will be guaranteed a t-shirt. Late entry will be first come first serve.

Family Registration-35.00 by August 7th-40.00 after August 7th

Waiver Statement: In consideration of my entry being accepted, I waive any and all claims for myself, my administrators and my heirs against all officials, sponsors and organizations connected with the Q-Town 5K for injury or illness which my directly or indirectly result from my participation in this event. I attest that I have full knowledge of the risks involved in this event and that I am physically fit and sufficiently trained to participate. This entry is invalid unless signed by entrant, or if under 18, entrant's parent or guardian.

Signature: _____ Date _____