



## Anne and Patti invite you to train with them for the Angels' Place Race 5K!

Anne Clifton and Patti Braunreuther are passionate runners and are looking forward to training with you. Anne has coached cross-country for many years and Patti is a NASM personal trainer.

**When:** Tuesday 5:30 pm (starting March 6<sup>th</sup>)

**Where:** Meet at **Depot Park** parking lot (Village of Clarkston, MI)

**30-45 minutes each week (for 8 weeks)**

You can sign up on our website for the C25K training at [www.angelsplacerace.org](http://www.angelsplacerace.org) or come to our fundraiser at Mr. B's on February 22<sup>nd</sup>. Anne will be there from 5-6:30pm and you can sign up with her. To join in the training we ask that you sign up for the 2018 Angels' Place Race 5K by filling out a registration form and waiver.

If the schools close on one of the Tuesday training days, there will be no training at Depot Park on those days. (We will follow Clarkston School closures.) As with any physical training, please consult with your doctor before you start. We hope to see you on March 6th at 5:30 pm!

P.S. You can also follow this program and track your progress by going to your app store and download the C25K app or you can go to our website and download a written version of the C25K program under our C25K menu button.





**Angels' Place Race Registration Entry Form 2018 – PLEASE PRINT (\* = required fields).**

**Manual registration ends 4-25-2018.**

\*Last Name: \_\_\_\_\_ \*First Name: \_\_\_\_\_

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

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

\*Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

\*Birth Date: \_\_\_\_\_ \*Gender:  Male,  Female, \*Age: \_\_\_\_\_ \*Race:  10K  5K  5KWalk  Fun walk

\*Check T-Shirt Size: Youth  YS  YM  YL Adult  S  M  L  XL  2XL  3XL

(T-shirt availability is not guaranteed for those registering after 4-25-2018.)

**(Registration Fees increase after 4-25-2018)**

**Individual Registration: \$30 (Manual registration ends 4-25-2018)** \_\_\_\_\_

**Family/Team Registration\*\*: \$70 (Manual registration ends 4-25-2018)** \_\_\_\_\_

\*\*Complete individual registration forms for each family/team member participating, max. 4 family/team members

(For group registrations 5 or more contact Rick Clark at [rlclark100@comcast.net](mailto:rlclark100@comcast.net))

**1 Mile Family Fun Walk: \$40/family (Manual registration ends 4-25-2018)** \_\_\_\_\_

(max. 4 immediate family members)(T-shirt included)

**Registration Fee** \_\_\_\_\_

**Donation** \_\_\_\_\_

**TOTAL ENCLOSED** \_\_\_\_\_

**ON RACE DAY** A limited supply of T-Shirts will be available to purchase for **\$7.00** each.

**RACE PACKET PICK UP, St. Daniel Church-Cushing Center, Friday, 5-11-18, 5:30-7:00 p.m. or race day 7:30a.m.**

**► DISCLAIMER MUST BE SIGNED BY ALL PARTICIPANTS:**

Please accept my entry in the Angels' Place Race (the "event"). I understand that no refunds will be given in the event that I am not able to participate in, or complete, this event. Angels' Place Race Committee, in accordance with management, city officials and local law enforcement has the authority to cancel any of the events for emergency purposes such as, but not limited to, inclement weather or threat of terrorism. If such emergency conditions force cancellation, refunds are not provided since funds will have been spent in preparation for the event. T-shirts will be distributed. By signing my name below, I hereby certify that I have read all the terms and conditions of this release, including the Participation Waiver and do intend to be legally bound thereby.

I agree to the terms of the Angels' Place Race Waiver

Angels' Place Race Participation Waiver: I acknowledge that my participation in the Angels' Place Race (the "event") involves rigorous physical activity, is potentially hazardous and I should not participate unless I am in proper physical condition. I agree to abide by any decision of an event official about my participation in the event. I assume all risks associated with participation in the event, including: the negligence of agents, sponsors, or employees of Angels' Place, or the Race Committee and other event participants, the effect of weather, traffic and road/sidewalk/trail conditions, all such risks being known and appreciated by me. In consideration of the acceptance of my entry, I, for myself and my heirs, successors and representatives, release Angels' Place, all event sponsors, the Race Committee, as well as agents or employees of the foregoing and any volunteer or group associated with this event from all claims for injury, damages or liabilities of any kind arising out of my participation in this event. I grant to Angels' Place, its agents, employees and event sponsors the right, for any and all purposes, to free use of my name, voice, photographs and videos of participation in the event.

**PARTICIPANT (OR PARENT IF UNDER 18) SIGNATURE** \_\_\_\_\_

► Please Make Checks Payable to: **Angels' Place**

► Please Mail to: **Angels' Place Race, Shannon Keen, 7795 Maceday Lake Road, Waterford, MI 48329**

For additional information please visit [www.angelsplacrace.org](http://www.angelsplacrace.org)

**On-line registration is available at <https://runsignup.com/Race/MI/Clarkston/AngelsPlaceRace>**



## Waiver for C25K Training Program

Please accept my entry in the Angels' Place Race C2 5K Race Training Program. By signing my name below, I hereby certify that I have read all the terms and conditions of this release, including the Participation Waiver and do intend to be legally bound thereby. I agree to the terms of the Angels' Place Race C2 5K Training Waiver

Angels' Place C2 5K Training Participation Waiver: I acknowledge that my participation in the Angels' Place C2 5K (the "event") involves rigorous physical activity, is potentially hazardous and I should not participate unless I am in proper physical condition. I agree to abide by any decision of a training official about my participation in the training. I assume all risks associated with participation in the training, including: the negligence of agents, sponsors, or employees of Angels' Place, or the Race Committee and other training participants, the effect of weather, traffic and road/sidewalk/trail conditions, all such risks being known and appreciated by me. In consideration of the acceptance of my entry, I, for myself and my heirs, successors and representatives, release Angels' Place, all training sponsors, the Race Committee, as well as agents or employees of the foregoing and any volunteer or group associated with this training from all claims for injury, damages or liabilities of any kind arising out of my participation in this training. I grant to Angels' Place, its agents, employees and event sponsors the right, for any and all purposes, to free use of my name, voice, photographs and videos of participation in the training.

Participants name: \_\_\_\_\_

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

Participants signature (or guardian if participant is under the age of 18): \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone Number \_\_\_\_\_