I CAN 5K

5k Trail Run and Hike

Sunday May 22, 2016 @9:00am

registration opens at 7:30am

Bald Mountain State Park, 1330 E Greenshield Rd, Lake Orion, MI 48360

Chip timed 5k course will be a loop on trails

This event is being organized by Boy Scout Shane Skelcy for his Eagle Project with Troop 360 of Auburn Hills, Mi.

The event will benefit God's Helping Hands of Michigan, a 501c3 Non-Profit Organization providing free clothing and food for those in need in Southeast Michigan. More information on the charity can be found at www.ghhmichigan.org

Cans= canned good item or other non-perishable food items (pasta, peanut butter..)

Pledge to bring **5** cans and get free entry
15 cans and get free entry and a tote bag
20 cans and get free entry, tote bag and a t-shirt

*As an option, your $20 donation gets you entry into the event and a tote bag

**Supplies are limited and will be first come

**State of Michigan Recreation Passport is required on vehicle for entry into the park or daily use fee

EASTSIDE RACING COMPANY

Register online at www.ERCrace.com

MAKE ANY CHECKS PAYABLE TO:
Eastside Racing Company
MAIL TO: **Eastside Racing Company**
430 NESBIT LN, ROCHESTER HILLS, MI 48309
Online registration www.ERCrace.com

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Sunday May 22, 2016

GENDER
M ☐
F ☐

BIB NUMBER

_____ I pledge 5 cans _____ I pledge 15 cans _____I pledge 20 cans _____I am donating $20

FIRST NAME_____ LAST NAME_____

STREET ADDRESS_____CITY/TOWN_____STATE_____

ZIP CODE_____ AGE_____ DATE OF BIRTH_____/_____/_____

PHONE NUMBER_____

EMAIL (for eastside racing company communications, can opt out at anytime)

Mail in entry (needs to be postmarked by May 10th for processing time)

Donation w/o cans $20_____

Waiver:

Additional donation to God's Helping Hands $_____

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, falls, contact with other participants, the effects of weather, traffic and surface conditions, all such risks being known and accepted by me. Having read this release and having signed this entry form, I for myself and anyone entitled to act on my behalf, waive and release all promoters, representatives, agents, sponsors, municipalities, and participants including Eastside Racing Company, Fast Dog Timing, Bald Mountain State Recreation Area, State of Michigan, City of Lake Orion from claims or liabilities of any kind from my participation in this event.

Participant Signature (or Parent, if under 18):_____**Date:**_____