



GLEN ARBOR OF GLEANER'S LIFE INSURANCE SOCIETY CLIO FIREMANS



5K RUN, 5K WALK, & KID'S ¼ FUN RACE

Thursday, June 17th, 2010 6:30 p.m.

STARTING TIME: 5K Run, 5K Walk will start at 6:30PM. Kid's ¼ Mile at 6:00PM

LOCATION: Carter Middle School, Clio, Michigan

REGISTRATION: Early registration ends June 11, 2010 Race day registration and packet Pick-up begins at 4:30PM at Carter Middle School.

ENTRY FEES: Event WITH Short-Sleeve Shirt On or before June 11-\$13.00
Event WITHOUT Shirt On or before June 11-\$7.00
Late Registration-\$18.00 Late Registration-\$10.00

FACILITIES: Showers and lockers will be available at the school. Please bring lock & towel.

COURSE: Two Aid Stations, Refreshments provided at Finish Line. Course starts at Carter Middle School parking lot, out Upland Dr. to M-57, through downtown (parade route), to Industrial Park, then to Clio bike path to finish in front of Clio Amphitheatre. Post race party @ Clio Fireman's Park, free parking voucher given to all interest registrant.

AWARDS: All pre-registered entrants will receive a high quality, CoolMax short sleeve Tech shirt. Sorry, but we cannot guarantee shirts on race day to late registrants

Ceramic Dalmatian Awards in the 5K Run to Overall and Masters Male and Female and 5K Walk Overall Male and Female. Plaques to the top finisher and medals to the second and third place finishers in each division.

Awards for children in ¼ Mile Race (KIDS RACE FREE). All awards will be given out after the races have finished.

RUN AGE GROUPS: Male & Female: 12 & under, 13-15,16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, -60-64, 65-69, 70-74, 75 & older.
HEAVYWEIGHT DIVISION: at least top three award categories for men 185-199 pounds, 200-219 pounds, and 220 pounds and over. You must check appropriate box and indicate weight.

WALK AGE GROUPS: Male & Female: 19 & under, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & Over

SEND ENTRIES TO: Glen Arbor of Gleaner Life Insurance Society, 2113 W. Vienna Rd., Ste. 1, Clio, MI 48420

INFORMATION: Bauman's Running & Walking Center- (810) 238-6981
Gault Race Management-(810) 487-0954 of www.gaultracemanagement.com
www.cliosports.org or www.everythingclio.com

MAKE CHECKS PAYABLE TO:

Glen Arbor
MAIL TO: Glen Arbor of Gleaner LIS
2113 W. Vienna Rd., Ste. 1, Clio, MI 48420

Gleaner's Glen Arbor Clio Firecracker Thursday, June 17, 2010

BIB NUMBER

LAST NAME										FIRST NAME										M.I.	SEX	
STREET ADDRESS										CITY/TOWN										AGE		
STATE		ZIP CODE			PHONE NUMBER					DATE OF BIRTH			EVENT:									
													<input type="checkbox"/> 5K Run <input type="checkbox"/> 5K Heavyweight Run <input type="checkbox"/> 5K Walk Weight: _____ <input type="checkbox"/> Kids 1/4 Mile									
E-MAIL ADDRESS:																						

ADULT SHIRT SIZE: S M L XL XXL (Add \$1.00) KIDS SHIRT SIZE: 6-8 10-12 14-16 Adult Small Adult Medium

In consideration of my participation in this event, I for myself, my heirs, executors, and administrators, waive all rights and claims for damages I may have against Riverbend Striders, the sponsors of this event, their agents, representatives, successors, and assignees for any and all injuries suffered by me at said event, or which may arise out of my traveling to, participating in, and returning from this event. I further state that I am in proper physical condition to compete in this event.

ATHLETE (OR PARENT, IF UNDER 18) MUST SIGN: _____ DATE: _____