

# The Alden Run • July 30, 2011

**Complete all 8 items** - If any item is missing or incorrectly filled out, you will have to go through the same-day registration line on race day. One entrant per form!

**Deadline** - For pre-registration, your form and \$16 fee must be postmarked or dropped off at Alden Muffin Tin by July 15. Sorry, but no exceptions.

**Fees** - Pre-registration \$16/Same-day \$22. Make checks payable to **Alden Run** (Sorry, no refunds).

**Courses** - Challenging, USA Track and Field (USATF)-sanctioned courses with hills, paved, unpaved, gravel and dirt roads.

**Run Awards** - For each run: overall m/f winners; overall masters m/f winners; first 3 m/f in each age group (14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 and over).

**Packet pick-up/Same-day Registration** - begins at 7:30am. Events start at 9am. \*\* New Location \*\* Now located at the Helena Township Community Center, located at the top of the hill at the traditional starting line. See course map for details.

----- Mail Only the Form Below To: Alden Run/PO Box 444/Alden, MI 49612-----

**1. Select one Alden Run event only**

5K Run       10K Run       5K Fun Walk

**2. Select one t-shirt size**

Small     Medium     Large     Extra Large

**3. Registrant Information**

Last Name

First Name

Mailing Address



City

State

Zip Code

Email

Phone Number




**4. Your Gender:**

Male       Female

**5. Alden Run race-day emergency contact**

Emergency Contact Last Name

Emergency Contact First Name

Emergency Contact Phone Number on Race Day




**6. Your date of birth**




**7. Your age on Alden Run Race Day**

**If you are under age 18 on race day,**

your parent/guardian **MUST**:

- (1) Complete the following information, and
- (2) Sign this form!

**Parent/Guardian Information**

*Required only if the registrant is under age 18 on race day.*

Last Name

First Name

Phone Number




**8. Read this waiver of liability, sign and date.**

In consideration of my entry, I intend to be legally bound for myself, my heirs, executors, and administrators to waive, release, and forever discharge any and all rights and claims which I may hereafter accrue to/against the sponsors and officials of the race herein described and their respective officers, representatives, agents, successors and/or assigns, including USATF and DABA, while traveling to or from or participating in this event. I am in proper physical condition to participate in the event for which I am registering. I hereby give permission to The Alden Run to use my image/photographic likeness in media for lawful purposes, including any images you may take of me on race day, without compensation.

\_\_\_\_\_  
**Registrant or Parent/Guardian Signature**

\_\_\_\_\_  
**Date**