

CASA Light of Hope

5K Run/WALK

Kids 1 Mile Fun Run

Saturday, May 11, 2013



Entry Fee \$20 Pre-Registration postmarked by April 26th
 \$25 day of Race, no shirt included
 \$10 Kids Fun Run, pre-registration and day of event

Included With your entry fee you will receive a t-shirt and refreshments. Shirts are not guaranteed for day of race registration.

Start Time 9:00 AM Kids Fun Run, 9:30 AM 5K Run/Walk

Packet Pick-up Pick-up will begin at 8:00 AM day of race

Location Munson Park, 2770 N. Custer, Monroe, MI 48162

Make Check Payable to: MCISD / CASA

Return Entries to: CASA, 28 S. Macomb Street, Monroe, MI 48161

5K Age Groups (Male & Female) 18 & under, 19-29, 30-39, 40-49, 50-59, 60 & Over



Request a "Couch to 5k" training program There are 4 week and 6 week programs available robertgkrueger@gmail.com

Light of Hope Event - Runners bring your families and hang out at Munson after the 5k. There will be kid's activities and a 1 mile symbolic walk beginning at 12:00pm. See you there!

Entry Form May Be Photocopied Please Print

Name	Age on 5/11/13	Male	Female
Address	City	State	Zip
Email	Phone#		

Event: 1 Mile Kids Fun Run 5k Walk/Run

Shirt Size (adult sizes only) S M L XL XXL

In consideration of accepting this entry, I hereby for myself, and of my heirs, waive any and all claims I may have against CASA, race organizers, sponsors, and their representatives for any injuries suffered by me in said event. I attest I am physically fit and have sufficiently trained for this event.

Signature	Date
Parent or Guardian (if under 18)	Date



Family Chiropractic Clinic
 Dr. Rick S. Szczygielski, D.C.

