

PVCC

Pleasant Valley Community Center, Inc.

Fire and Ice 5K Saturday, Feb 4th, 2012 10am

Where: Pleasant Valley Community Center, 3586 Glovers Lake Rd, Arcadia, MI (old Arcadia Elementary School)

Entry Fees: Pre-registration prior to February 1st \$15.00
Registration on race day \$20.00
Entry includes stocking cap while supplies last

Registration/Check in: 8:45-9:45am in Gym at the Community Center. Race will begin promptly at 10am outside the community center, awards immediately following.

Course: 3.1 miles (5k) start and ends at the community center. Glovers Lake east to the cemetery and loop through the cemetery and back west on Glovers Lake rd to the community center.

Awards: Trophies to the overall male/female finishers. Medals will be given to the top 3 in each age category for the run.

Age Categories: Run – male and female: 12 and under, 13-16, 17-20, 21-30, 31-40, 41-59, 60+up.

For more info: email pleasantvalleycc@gmail.com or call Rachel 231-383-0513

website: www.pleasantvalleycc.org

Send entry with check payable to:

"PVCC" Pleasant Valley Community Center 3586 Glovers Lake Rd Arcadia, MI, 49613

Name: _____ Gender M F Age (on Feb 4th) _____

Address: _____ City: _____ State: _____ Zip: _____

Phone Number: _____ Email: _____

5k Run \$15 pre-registration \$20 on race day per entrant Total Enclosed _____

I know that participating in a foot race is a potentially hazardous activity. I should not enter unless I am medically able. I assume all risks associated with participation in this event, including, but not limited to: falls, contact with other participants, the effects of the weather, traffic, and the condition of the road, with all such risks being known and appreciated by me. Having read the waiver and knowing these facts, and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Pleasant Valley Community Center, Inc. and all other sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of this event for legitimate purpose.

Signature

Date

Sponsored by Pleasant Valley Community Center, Inc. and made financially possible by Cataneese Customs, Licensed Builders

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