



# The Third Annual "Warrior's Run"

Saturday July 3rd, 2008

10k run and 5k run/walk

**\*All proceeds support the Forest Area Track & Field Team\***

**Location:** The start and finish for both races will be at the Fife Lake Elementary School. Both races will begin at 8:30am.

**The Course:** The 10k is primarily a flat course with a few short hills and one short stretch of gravel road. The course follows along the shoreline of Fife Lake and takes you through many gorgeous sites. The 5k run/walk will take you through the streets of downtown Fife Lake where all the July 4<sup>th</sup> events will be taking place.

**Aid Stations:** There will be well-stocked water stations in both races. Refreshments will be available after the end of each race at Fife Lake Elementary School.

**Awards:** Men's and women's overall; best in each age group

**Cost:** Pre-register **BEFORE June 25**=\$15.

Late registration/day of event registration= \$20

**T-Shirts:** Guaranteed to all pre-registered participants. Shirts available for late registers will be based on a "first come, first served" basis. Size and quantity guaranteed **ONLY** to pre-registered participants.

**Questions:** For any questions or concerns, please call:

Ryan Meyer @ (989) 971-2662 (rtmeyer@svsu.edu)

Please mail this form with entry fee to:

Ryan Meyer 11765 Lakeshore Dr. Fife Lake, MI. 49633

Name \_\_\_\_\_ Sex M/F Age \_\_\_\_\_ Shirt Size \_\_\_\_\_

Address \_\_\_\_\_ Circle one 10k 5k 5kwalk

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**PLEASE MAKE CHECKS PAYABLE TO: FOREST AREA COMMUNITY SCHOOLS**

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, waive and release forever any and all my rights for claims and damages I may accrue against Fife Lake or Forest Area Community Schools or the sponsors of The Warrior's Run. Including, but not limiting to: shin splints, torn hamstrings or quadriceps, fractured ankles, head trauma due to dehydration, West Nile from the exceptionally large grizzly mosquitoes on Lake Shore Drive, or any other injury I may suffer from this horribly long and hill induced race around Fife Lake.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Participant Signature