

8th ANNUAL LINCOLN ELEMENTARY FALL INTO FITNESS

5K RUN/WALK and MAPLE MILE Fun Run

NEW for 2018 Free* 8-Week Training Program

IN LOVING MEMORY OF JOHN "RALPHIE" MCDAID Proceeds benefit Lincoln Elementary and The John "Ralphie" McDaid Memorial Scholarship

RACE DETAILS:

SATURDAY NOVEMBER 10, 2018. 5K @ 8:30am and Maple Mile @ 9:30am at 158 S. Scott Adrian MI 49221

- **Register by Wednesday, November 2nd** to receive a long-sleeved Tech Fabric T-Shirt. Shirts and/or sizes may not be available for registrations received after November 2nd.
- **Event Options:**
 - 5K (with or without T-shirt)
 - Maple Mile (with or without t-shirt)
- **AWARDS** – 5K Overall Male and Female Winners; and top 2 finishers in 5-year age group categories for both males and females

Call 517.265.8544 or e-mail sskeels@adrian.k12.mi.us for more information or visit: <https://ultrasignup.com/register.aspx?did=59631>

REGISTRATION OPTIONS:

- **Option 1 - Electronic Registration:**
 - Complete the online registration found on the link below: <https://ultrasignup.com/register.aspx?did=59631>
- **Option 2 - Paper Registration:**
 - Print, Complete and mail/turn in the form below:
158 S. Scott Adrian MI 49221

FREE 8-WEEK TRAINING PROGRAM DETAILS:

- Tuesday's 5pm to 6pm beginning September 11 through November 6, 2018 at Lincoln Elementary School (participants will meet at the Gazebo).

8-week training program for people of all ages and abilities looking to improve their health and level of fitness through a fun and effective training program. Walk, jog, or run, your 1st or fastest 5k at **Lincoln's Fall Into Fitness 5k on November 10, 2018.**

Training group will meet once a week, with the remainder of the training program including workouts, coaching, nutrition, strength, flexibility, and injury prevention advice and tips delivered via email and social media.

Call (517) 265-8544 or email sskeels@adrian.k12.mi.us with questions or information.

If you are not interested in training with the group, or cannot attend on Tuesday's, but would like some coaching and a training plan, please contact us.

*The requirement to participate in this training program for free is to register for the Fall into Fitness 5k on November 10, 2018, **or** make a donation in the amount of your choice to **Fall Into Fitness**. The proceeds will go directly to the students of **Lincoln Elementary and the John "Ralphie" McDaid Memorial Scholarship**. If you do not plan to participate in **Fall into Fitness 5k** you are still welcome to join in on the training!

Name: _____ Age on 11/10/18 _____ Gender: M F

Address: _____ City _____ State _____ Zip _____ Phone: _____ - _____ - _____

Circle Event(s): 5K with Shirt \$25 5K No Shirt \$15 1Mile with Shirt \$15 1 Mile No Shirt \$5 Free 8 Week Training Program

T-Shirt Size: YS YM YL AS AM AL AXL XXL XXXL

I know that running in any race is a potentially dangerous activity. I am physically fit and trained to participate in this event. I assume all risks associated with running this event including, but not limited to contact with other participants, the effects of weather, conditions on the path and the fact that it is held in the streets. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and anyone on my behalf, waive and release Adrian Public Schools, Lincoln Elementary, and sponsors of this race, supporters and officials and their representatives and successors from all claims of liability of any kind arising out of this event for any legitimate purpose.

Signature: _____ Date: _____

(parent or guardian, if under 18 years of age)