

FALL INTO FITNESS

RUNNING SINCE 2011



9th ANNUAL 5K RUN/WALK and MAPLE MILE FUN RUN/WALK

**Saturday November 9, 2019! 5K @ 8:30am and Maple Mile @ 9:30am.
Race day registration available and check in begins at 7:30am**

Location: Lincoln Elementary School - 158 S. Scott St. Adrian, MI 49221

IN LOVING MEMORY OF JOHN "RALPHIE" MCDAID. All proceeds benefit the students of Lincoln Elementary and The John "Ralphie" McDaid Memorial Scholarship

Register by Saturday, October 26th to receive a long-sleeved Tech Fabric T-Shirt. Shirts and/or sizes may not be available for registrations received after October 26.

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: [FALL INTO FITNESS REGISTRATION LINK](#)

REGISTRATION OPTIONS:

- 1 - **Electronic Registration:** [FALL INTO FITNESS REGISTRATION LINK](#)
- 2 - **Paper Registration:** Mail/Return Completed form to: Lincoln Elementary - 158 S. Scott St. Adrian, MI 49221
Please make checks out to: Lincoln Elementary School

Name: _____ Age on 11/9/19 _____ Gender: † Male † Female

Address: _____ City _____ State _____ Zip _____

Phone: _____ - _____ - _____ Email: _____

Please Circle One: 5K with Shirt \$25 / 5K No Shirt \$15 / 1 Mile with Shirt \$15 / 1 Mile No Shirt \$5

Please Circle One: Youth T-Shirt Size: Small Medium Large Adult T-Shirt Size: Small Medium Large XL 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)