



Location: Holly High School Track

[6161 East Holly Road Holly, MI 48442]

Start time: 6:05 pm for the first heat of the 5k.  
The meet will be run on a rolling schedule.  
Number of heats will be based on entries.

Registration: \$5 pre-registered (July 8th) &  
\$10 race day registration

Awards: Top male and female in each heat of  
the 5k. Special awards for 'biggest PR com-  
pared to last year', youngest and oldest com-  
petitor.

There will be prize money for the "Gender  
Challenge 2 Mile".

For more information go to: [www.runguru.com](http://www.runguru.com)  
or email [htrcoaching@yahoo.com](mailto:htrcoaching@yahoo.com)

For more information regarding the elite race please  
email: [htrcoaching@yahoo.com](mailto:htrcoaching@yahoo.com)

# 3rd Annual RunGuru.com Track Event July 10, 2008

## SCHEDULE OF EVENTS:

### ROLLING SCHEDULE

6PM—PRE-REGISTRATION CLOSED

6:05PM—5k (SEEDED BASED ON TIME)

LIMIT 18 PEOPLE PER HEAT. FIRST HEAT WILL BE 31:00—27:00

GENDER BATTLE 2 MILE—LAST EVENT

## SPONSORS:



Pre-registration: \$5 through July 8th—

Race Day Registration: \$10 for everyone

Checks payable to:

Clint Verran Sports Medicine, Inc

Credit Card Payment

MC    Visa    Discover  
       

Name on Card: \_\_\_\_\_

Number: \_\_\_\_\_ exp: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Address \_\_\_\_\_

Male  Female

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Check the race (s) you intend to race in:

Gender Battle 2Mile:

5k:  Predicted time: \_\_\_\_\_

### WAIVER AND RELEASE OF CLAIMS AND LIABILITY

I, the undersigned, hereby expressly and affirmatively state that I wish to participate in the sport of running and/or resistance training. I realize that my participation in these activities involve risks of injury, including, but not limited to musculature injuries, overuse injuries, sprains, strains, fatigue, heart attack and even the possibility of death. I also recognize that there are many other risks of injury, including serious disabling injuries, that may arise due to my participation in these activities and that it is not possible to specifically list each and every individual injury risk. However, knowing the material risks and appreciating, knowing, and reasonably anticipating that other injuries and even death are a possibility, I hereby expressly assume all of the delineated risks of injury, all other possible risk of injury, and even risk of death, which could occur by reason of my participation.

By participating in this activity, I release and promise not to sue Clint Verran Running, Inc., Hanson's Training Room, Inc., Hanson's Running Shops, Holly High School, District, Brooks-Sports, Inc., their officers, directors, shareholders, members, representatives, agents, employees, employers, sponsors, predecessors, successors, assigns, agents, insurers, affiliates, attorneys, and all other persons and entities [hereinafter "Released Parties"] from any and all present and future claims resulting from any loss, damage, personal injury, or death resulting from my using the personal coaching services of the Released Parties. My release and promise not to sue as described above applies both to claims that may be made by me and to claims that may be made by my family, my estate, my heirs, my representatives, and my assigns. I understand that this Waiver and Release of Claims and Liability is intended to be as broad and inclusive as permitted by the laws of the state of Michigan and I agree that if any portion is held invalid, the remainder of the Waiver and Release of Claims and Liability will continue in full legal force and effect.

I have had an opportunity to ask questions. Any questions I have asked have been answered to my complete satisfaction. I subjectively understand the risks of my participation in this activity, and knowing and appreciating these risks I voluntarily choose to participate, assuming all risks of injury or even death due to my participation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian's Signature: \_\_\_\_\_

