The Alden Run: Saturday, July 25, 2009

P.O. Box 444, Alden, Michigan 49612 / www.aldenrun.com

Presented by the Downtown Alden Business Association (DABA), with proceeds to benefit local beautification projects, assisted by area residents. Scoring by ChronoTrack / Gault Race Management

Challenging, USA Track and Field (USATF)-sanctioned courses begin in town and wind through hilly countryside over paved, unpaved, gravel, and dirt roads. (Map/elevations at www.aldenrun.com)

7:30 a.m. *packet pick up & same-day registration* / downtown Alden

9:00 a.m. start (all three events)
You *must* participate in the event you select on your registration form: 10K or 5K run, or 5K fun-walk.

10:15 a.m.-ish door prizes and awards (for runners only)
Awards: M and F overall winners / M and F 40+ winners / M and F 1-3 place per age group.

Fee
$15 if postmarked by July 17 / $20 thereafter (Sorry, but we can make no refunds.)
Tee for first 400 registrants only; post-race refreshments for all; door-prize eligibility (all participants).

Detach here & mail with your check (payable to The Alden Run): Alden Run / P.O. Box 444 / Alden MI 49612, or register in person at The Muffin Tin in town prior to race day.

***** One entrant per form only *** Please use ink *****

1. **Select one event** 10K run 5K run 5K fun-walk

2. **Print Name:** LAST FIRST

3. **Gender:** M F 4. **Date of birth:** MO DA YEAR 5. Age *on race day*:

If you are under age 18 on race day, your parent or guardian MUST sign for you and print his/her name below.

6. **Contact Info:** STREET

CITY STATE ZIP PHONE

Registration and Waiver of Liability / The Alden Run / July 25, 2009

In consideration of my entry, I intend to be legally bound for myself, my heirs, executors, and administrators to waive, release, and forever discharge any and all rights and claims which I may hereafter accrue to/against the sponsors and officials of the race described in this entry form and their respective officers, agents, representatives, successors, and/or assigns, including USATF and DABA, while traveling to or from or participating in this event. I am in proper physical condition to compete in the event for which I am registering. I hereby give permission to The Alden Run to use my image/photographic likeness in media for lawful purposes, including any images you take of me on race day, without com-

7. **Tee size:** S M L XL

8. **Signature**_____ **Date**_____

Print name below if you are parent/guardian signing for under-18 entrant:

Have you *completed all 8* info fields? Have you *included* your check?

DO NOT WRITE IN THIS BOX

ChronoTrack D-tag# : *Bib#:*