



5k Run/ Walk

To Benefit the Harbor Humane Society and Muskegon Humane Society

December 3, 2016

9:00 am- 12:00 pm

Downtown Grand Haven

Starts & ends at North Ottawa Community Hospital employee parking lot

Every participant will obtain a shirt and if with a dog, a bandana for the dog :)

Pre registration: \$20 per runner (\$5 extra if you run with your dog)
due november 26

\$25 (\$5 extra if you run with your dog) sign up at race

*If you sign up day of there is a possibility shirts and bandanas will run out.

Registration form

Make checks payable to GHHS Deca

Return Forms to: Grand Haven Main Office, Harbor Humane Society, and Muskegon Humane Society

Name: _____ Female: _____ Male: _____ Age: _____

Bringing Dog: _____ *You must have a leash and be in control of your dog

Address: _____ City: _____ State: _____

Zip: _____ Phone: _____ Email: _____

Shirt Size: S M L XL XXL

Emergency Contact Name: _____ Phone: _____

Signing below I agree to the following terms: That I am physically fit and able to run this race, I am aware that this is a potentially hazardous activity, I agree to abide by any race officials rules pertaining to me participating in the run. By signing this I release Grand Haven High School Deca, GHAPS, and other sponsors, their representative and successors from all claims or liabilities of any kind of arising from my participation in this event. Also by signing this waiver, I understand that I am responsible for my own dog and anything that entails. I know that if I show up without a leash for my dog, I will not be able to participate with the said dog unless I gain access to a leash. I also realise that any injuries pertaining to dogs or by dogs, is not the fault of anyone and I recognize the slight chance of this. I grant permission for the use of all photographs taken of me during the run.

Signature: _____ Date: _____

(Parent's Signature required for participant younger than 18)