

Emmett's Green Run 2010



Emmett's Day 1mile run and 5k race/walk

Sunday, September 19, 2010

8:45-9:50 a.m. bib pick up and registration.

Pre registration is expected for planning purposes- form can be printed from <http://sites.google.com/site/emmettgreen5k/> and faxed or emailed to colleenk@firststep.net

10:00 am sharp- 1 mile kids of all ages run.- \$2.00.

5K race or walk -Immediately following 1 mile – around 10:30., \$10.00 donation requested. Payment day of only.

All thrills/No frills 1 mile and 5k

If you've ever thought of running – you can do this- high energy, flat course- start training now- go to Running Magazines website for couch to 5k plan.

Green theme- wear your green.

Special recognition family group with most members running.

Get a registration form: by emailing your request

colleenk@firststep.net or website:

<http://sites.google.com/site/emmettgreen5k/>

Sunday, Sept. 19, 2010 10:00 a.m.

Starting at Main and Mechanic Street.

Volunteers needed – email colleenk@firststep.net



Emmett's Day Green Run 2010

1 mile kids run

5K run or walk

Sunday, September 19th, 10:00 am

Green because this is a no frills/environmentally friendly event and because of Emmett's Irish roots. Wear your green running clothes if you have them!

Race information:

- 1 mile run – 10:00 am sharp- kids of all ages are welcome (including strollers). Adults can join in as well. Entrance donation for 1 mile: \$2.00.
- 5k (3.1 mile) race/run/walk- will proceed shortly after 1 mile event is completed around 10:20 -10:30am. Entrance donation: \$10.00.

Website Address is [http://sites/google.com/site/emmettgreen5k/](http://sites.google.com/site/emmettgreen5k/)

Race day: Starting line is on West side of Main Street at Mechanic. All runners need to report to registration table for bib numbers and instructions and signed entry form completion. Registration is 8:45- 9:50 sharp. Route will follow Mechanic to Washington to Burt Rd (West) to Keegan Rd and loop back- start line is finish line. The road may not be shut down to traffic- route is paved and dirt road.

What you get: A great healthy family activity, refreshments, entertainment, times posted in Emmett Village News and various web sites. Speedy races will be timing the race. Special prize goes to family group that has most runners- please indicate family group name if applicable on entry form. Awards will also go to 1st place Male and Female of each of the categories listed below. Plan to stick around for the awards ceremony.

Pre registration is greatly appreciated by filling out the form and mailing, emailing or faxing. Don't send money – you can donate when you pick up your bib number. Any proceeds above the cost of putting on the race will go to Emmett's Day fund for future events- this event is to promote health and well being in our community. Volunteers are needed- email colleenk@firststep.net if you'd like to help out.

Entry Form: Emmett's Day Green Run 2010

Please accept my entry in the Emmett's Day Green Run 2010. I state that I believe that I am physically fit for the event I enter. In consideration of your accepting my participation, I hereby for myself, my heirs, executors, administrators, do release and discharge all persons connected with the location or organization of this event and Emmett's Day from and against all damages or actions which may arise out of my traveling to, participating in and returning from this event. I also authorize the use of photos or video tape of my participation for any and all purposes. By signing my name I certify that I have read all the terms and conditions of this release and do intend to be legally bound thereby.

Signature (under 18 parent signs) _____ Date _____

Name _____ email address _____

City _____ Emergency contact name and number _____

M ___ F ___ Event: 1 Mile run _____, 5 k _____ Family group name _____

Age groups: 9 and under _____ 10-14 _____, 15-19 _____, 20-24 _____, 25-29 _____, 30-34 _____, 35-39 _____, 40-44 _____, 45-49 _____, 50-54 _____, 55-59 _____, 60-64 _____, 65+ _____

Pre- registration: Email form to colleenk@firststep.net, fax to (810) 384-1164, or mail to Emmett's 5K, PO Box 141 Emmett, 48022. Do not send \$ - will be collected day of race. Addition questions call Colleen 810-325-9010.