



THE CLIO CAN-DO 5K RUN/WALK & KIDS RACES

Saturday, June 22, 2019



STARTING TIME: The 5K Run and Walk start at 9:00 A.M.
Kids Runs (Children under 10) starts at 10:00 A.M..
Late registration opens at 7:30 A.M..

LOCATION: Clio High School, 1 Mustang Dr, Clio MI 48420 at Football Field. Course is mostly paved, start and finish at Clio Football Field, Run paved route on the Clio Bike Path.

REGISTRATION: On-line Registration at <http://werunthistown.com> or send entries to Clio Can-Do 5K at P.O. Box 266 Clio, MI 48420
Early Registration fee ends June 15, 2019. Late registration June 21 from 12 noon to 7 PM at Bauman's and at 7:30 AM on Saturday, June 22 at Clio High School.

PACKET PICK-UP Packet pick-up Friday, June 21 from 12 noon to 7 PM at Bauman's 1473 W Hill Road Flint, MI 48507 AND at 7:30 AM on Saturday, June 22 at Clio High School

ENTRY FEE: 5K Event WITH Shirt:
On or before June 15 \$20.00
Late Registration - \$25.00
Shirt and medal not guaranteed after June 15



Kids Races
\$10.00
Age 10 and under includes t-shirt

FACILITIES: Restrooms available

AGE GROUPS: **RUNNERS:** Male and Female: 12-under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over.
WALKERS: Male and Female: 19 & under, 20-29,30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over.

AWARDS: Medals and A4 T-shirts to every runner and walker. T-shirts for all the Kids Run participants. Awards for top male and female runner and walker in each age category. Also, music, recognitions, free healthy food, and business tables following the Kids Races!

CLIO CAN-DO RUN/WALK is powered by Blue Cross Blue Shield of Michigan on behalf of: Clio High School Cross Country Team Summer Camp, Compassionate Life Foundation, Clio Youth Sports Complex, and the Youth Health and Fitness Fund of the Clio Area - tax deductible charities.

More Info: Neil 810-422-8845 or Nate 810-691-4801

MAKE CHECKS PAYABLE TO:
Youth Health and Fitness Race

MAIL TO: Clio Can-Do 5K P.O.
Box 266 Clio MI 48420

The CLIO CAN-DO 5K RUN AND WALK
Saturday June 22, 2019

BIB NUMBER:

AMOUNT #: _____

LAST NAME		FIRST NAME		M.I.	SEX
<input type="text"/>		<input type="text"/>		<input type="checkbox"/>	<input type="checkbox"/> M <input type="checkbox"/> F
STREET ADDRESS			CITY/TOWN		AGE
<input type="text"/>			<input type="text"/>		<input type="text"/>
STATE	ZIP CODE	PHONE NUMBER		DATE OF BIRTH	EVENT:
<input type="text"/>	<input type="text"/>	<input type="text"/>		<input type="text"/>	<input type="checkbox"/> 5K Run <input type="checkbox"/> 5K Walk <input type="checkbox"/> Kids Run

E-MAIL ADDRESS: _____

SHIRT SIZE: S M L XL XXL
YOUTH SHIRT SIZE: 6-8 10-12 14-16 Ad Sm Ad Md

In consideration of my participation in this event, I for myself, my heirs, executors, and administrators, waive all rights and claims for damages I may have against Blue Cross and race Sponsors of this event, their agents, representatives, successors, and assignees for any and all injuries suffered by me at said event, or which may arise out of my traveling to, participating in, and returning from this event. I further state that I am in proper physical condition to compete in this event.

ATHLETE (OR PARENT, IF UNDER 18) MUST SIGN: _____ **DATE:** _____