



RACE DETAILS
 Saturday, October 10, 2009
 9:00 am Start
 David D. Hunting YMCA

- EVENTS INCLUDE**
- John J. Porter 10K Run (6.2 miles)
 - Mike Feichtenbner 5K Run (3.1 miles)
 - Mark R. Davison 5K Family Walk (3.1 miles)

RUNNER PACKET
 Your Runner Packet contains critical race information and materials, including your Chronotrack D-Tag and Bib Number.

Pick-up Runner Packets at the David D. Hunting YMCA Saturday, October 10, 6:30-8:45 am 475 Lake Michigan Drive NW Grand Rapids, Michigan 49504.

FACILITIES INFORMATION
 All entrants will have access to shower and locker-room facilities in the David D. Hunting YMCA.

CHRONOTRACK SYSTEM D-TAG
 See directions for applying to running shoe.
 Timing by Classic Race Management

- AWARDS CEREMONY**
 At the David D. Hunting YMCA, directly following race.
- Trophies to overall Men & Women Open, and Men & Women Masters (40+) divisions
 - Awards to top finishers in each Run division – 3 deep
 - Awards to top overall male and female finishers in 5K Walk
 - Commemorative long-sleeve T-shirts to all entrants in all events

All proceeds to benefit the YMCA Camp Manitou-lin Scholarship Fund, which helps send children to summer camp and reduces tuition costs for all young campers.



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Race Entry Form Run Thru The Rapids 2009

CHECK EVENT BELOW

- 10K Run 5K Run 5K Family Walk

Name _____
 Telephone (____) _____
 Address _____
 City _____
 State _____ ZIP _____
 Email _____

Sex: Male Female
 T-shirt size: S M L XL

AGE CATEGORY

- 14 & under 15-19 20-24 25-29 30-34
 35-39 40-44 45-49 50-54 55-59
 60-64 65-69 70+

Date of Birth: (Mo/Day/Yr) _____ Age on race day: _____

REGISTRATION FEES

Single Rates:	Family Rates:
Until 10.05.09: \$20.00 per person	Until 10.05.09: \$20.00 per adult
After 10.05.09: \$25.00 per person	\$10.00 per child
	After 10.05.09: \$25.00 per adult
	\$10.00 per child

NO ONE MAY ENTER WITHOUT SIGNING THE OFFICIAL WAIVER

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for losses and damages I may have against the YMCA of Greater Grand Rapids, YMCA Service Club, Mercantile Bank of Michigan, Classic Race Management, City of Grand Rapids, all other sponsors and all other parties and their representatives, successors, and assigns for any and all injuries suffered by me in the said event. I attest and verify that I am physically fit and have been sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Furthermore, I hereby grant full permission to any and all foregoing to use photographs, videotapes, motion pictures, recording, or any other record of this event for any purpose whatsoever. Only completed forms will be accepted.

Signature _____ Date _____

Parent/Guardian _____ Date _____

(if participant is a minor and/or under guardianship)

Register online at www.RunThruTheRapids.com or mail your application and fee to the address below.

Make check or money order payable to: **Snap Registration**, 2153 Wealthy Street, Suite 302 East Grand Rapids, MI 49506

Camp Phone: 888.909.2267 www.campmanitou-lin.org

Race day is 10.10.09 so register today at www.RunThruTheRapids.com