



Grass River 5K Trail Run

Come celebrate Grass River Natural Area's 40th anniversary by running the trails! The 5K course will be on the dirt trails at GRNA. Registration fee is \$20.00 and includes a short sleeve t-shirt. All proceeds will benefit GRNA.

Saturday, September 5, 2009

Registration begins at 8:00 am

Run starts at 9:00 am

Walk starts at 9:05 am

Register at https://www.active.com/event_detail.cfm?event_id=1765823

-or-

Return the attached form and payment by Friday, August 28, to:

GRNA Trail Run
947 S M-88 Hwy
Bellaire MI 49615

For additional details, e-mail grnarun@hotmail.com

FIRST NAME: _____ LAST NAME: _____

ADDRESS _____

CITY/STATE/ZIP: _____ PHONE: _____

E-MAIL ADDRESS _____

I'd like Grass River to inform me of upcoming events using this e-mail address (yes no)

Gender (M F) Birthdate _____

I would like to participate in the (Run Walk)

What size T-shirt would you like? (S M L XL XXL)

I have enclosed the \$20.00 registration fee. Checks made payable to Grass River Natural Area.

In consideration of this entry being accepted, I, for my heirs, executors and administrators, waive and release any and all claims for personal damages I may have against the organizers, Grass River Natural Area, Inc., County of Antrim, sponsors of this race and volunteers. I attest and verify that I am physically fit and have sufficiently trained for this event.

Signature: _____

(parent signature if under 18)