

STEPS FOR COURAGE - 5K Walk/Run



**Memorial
Healthcare**

Auxiliary

Third Annual Steps for Courage 5K Run and Competitive Walk

Sponsored by the Memorial Healthcare Auxiliary



Date: April 24, 2010
Time: 9:00 a.m.
Location: Memorial Healthcare, 826 W. King, Owosso
Registration: Mail entry to **Steps for Courage**, 2599 Krouse Rd, Owosso, MI, 48867
Race Day 7:30 a.m. at Memorial Healthcare - Late registrations not guaranteed a shirt.
Cost: \$15.00 by mail, received by April 15. Race day registration \$20.00.
Awards: Overall Male, Female and Masters
Winners: Medals for the top three winners in each age group for Male and Female Runners and Walkers
Course: Starts at the Hospital and runs through a charming residential area of Owosso

**All proceeds to go toward cancer screenings for the
uninsured or the underinsured in the Memorial Healthcare service area.**

Detach Here

Name _____ T-Shirt Size S M L XL XXL
E-mail _____ (all shirts are men's sizes)
Address _____ Age Group (Age on 04-25-09):
City/State/Zip _____ 14 And Under _____ 45-49 _____
_____ 15-19 _____ 50-54 _____
Phone: _____ 20-24 _____ 55-59 _____
_____ 25-29 _____ 60-64 _____
Make Checks Payable to: _____ 30-34 _____ 65-69 _____
MHC Auxiliary _____ 35-39 _____ 70 and over _____
_____ 40-44 _____

Mail to:

Steps for Courage
2599 Krouse Rd
Owosso, MI 48867

_____ Male _____ Female
_____ Runner
_____ Walker

Waiver: I hereby waive all rights and claims for myself, my heirs, executors, and assignees against Memorial Healthcare Auxiliary, the sponsors of this event, its agents, representatives, successors, and volunteers, as well as Memorial Healthcare, for any injuries or damages suffered by me while traveling to, from or participation in this event.

Signature (Parent or Guardian if under 18)

Date

Questions? Call (989) 725-8465 / (989) 743-5045