

Yeti Run Down

Five kilometer run/walk/stroll to benefit the Western Runners Club

10 a.m. • 17 March 2012 • Parma, Mich.

Herald the arrival of spring by vanquishing the mythic abominable snowman of the Himalayas.

Register early with a minimum donation of \$20. After March 10, 2012, late registration is \$25. Race shirts cannot be guaranteed to late registrants. Pre-registration for high school students and younger is \$15, and \$20 on the day of the event. Fee for the Kids' Half Mile is \$10. Entry fees are not refundable and are non-transferrable. Register online at www.runningfoundation.com/Yeti_Run_Down.html. If registering by mail, please make checks payable to the Western Runners Club. Mail entry forms to

Western High School
attn: Lucas Sponsler
1400 S. Dearing Rd.
Parma, MI 49269

Check-In/Race Day Registration

Check in at Parma Elementary, at 385 Elizabeth St. Registration and check-in tables are open from 9 to 9:45 a.m.

Course

Course is flat and fast, but please be aware that runners/walkers will be sharing the road with vehicular traffic.

Kids' Half Mile

Cost is \$10. Register early using the form below to guarantee a t-shirt. Check in begins at 8:45 a.m. The run will begin at 9:30 a.m. Kids will not be running on the road.

Where is Parma?

From I-94, turn south
off Exit 130, or west
off Exit 128.

Refreshments

Water, fruit, coffee, and granola will be available to race participants.

Awards

A trophy will be presented for the best Yeti costume. Medals will be awarded to the top male and female finishers in each division and category (14 & under, 15-18, 19-29, 30-40, 41-51, 52-62, 63-73, 74 and over).

Need More Information?

Contact Lucas Sponsler at sponsler@westernschools.org or (517) 841-8240.

LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

MALE: _____ FEMALE _____ AGE (as of 3/17/11): _____ EVENT (circle one): **5K** **Kids' half mile**

SHIRT SIZE (circle one): Adult: **S M L XL XXL** If available, would you prefer a tall size? _____
Youth: **S M L**

In submitting this entry, I, intending to be legally bound for myself, my heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims which I may hereafter accrue to me against Western School District, Village of Parma, Sandstone Township, event sponsors, event volunteers and the directors, agents, successors and/or assignees for any and all liability, loss or damage of property, or other injuries suffered by me in this event, while traveling to and from or while participating in the Yeti Run Down. I attest and verify that I am physically fit and sufficiently trained for participation in this event.

SIGNATURE: _____ DATE: _____

PARENT or GUARDIAN (if under 18): _____ DATE: _____