



24th Annual HEALING HANDS 5K RUN/WALK

to benefit The Genesee County Free Medical Clinic



Organized by
Genesee County Medical Society Alliance & Pi Delta Chapter of STTI Nursing Honor Society

Saturday, May 18, 2019 @ 9:00AM - Mott Community College, Downtown Flint, MI

- Starting Time:** 5K Run starts at 9:00AM and 5K Walk starts at 9:01AM
- Location:** Mott Community College, **Events Center 1401 E. Court Street**, Flint, MI. Parking available at college
- Course:** Both events will start and finish at Mott Community College.
- Facilities:** Restrooms only at race site.
- Registration:** Early registration ends May 13, 2019. Entries must be postmarked by this date to be eligible for early entry fee and a guaranteed T-shirt. Packet pick-up & late registration will be held from 8:00-8:45 AM the morning of the run/walk at the Events Center (East side of the Mott Library)
- Entry Fee:** \$17.00 before May 13, 2019: includes T-shirt
\$12.00 before May 13, 2019: without T-shirt
\$20.00 late registration, includes T-shirt
\$15.00 late registration, without T-shirt
- Refreshments:** Post-race refreshments for your enjoyment while awaiting race results & awards presentation.
- Features:** Blood pressure, balance screens, BMI, lipid, glucose and massages available to racers.
Theme Basket Door Prizes – must be present to win.
- Award Ceremony:** MC: TBA
- Awards & Age Divisions:** Awards to Overall and Masters male and female and top THREE finishers in each age group in each race: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over.
- Results:** Race scored using B-Tag System & posted race day and online at www.enmotive.com
- Information:** 810-235-4211 ext 208 Website: Register online at www.enmotive.com
- Pledge Form:** Pledge form is located on the back of this flyer. Anyone raising \$100.00 in pledges may run or walk for free. →



Healing Hands 5K Run/Walk to benefit the Genesee County Free Medical Clinic Entry Form (May be photocopied) 9:00AM Saturday: May 18, 2019

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____ E-mail _____

Phone _____ - _____ - _____ Birth Date ____ - ____ - ____ Sex: Male Female Age on race day: _____ Run Walk

B-Tags for scoring will be provided by Gault Race Management on race day.

Circle choice of T-shirt size: S M L XL XXL (add \$1.00)

REGISTRATION FEE _____

MAKE CHECK PAYABLE TO: Genesee County Free Medical Clinic

DONATION _____

MAIL TO: Genesee County Free Medical Clinic, 2437 Welch Blvd., Flint, MI 48504

TOTAL AMOUNT ENCLOSED _____

DISCLAIMER MUST BE SIGNED: In consideration of the acceptance of my application for the Healing Hands 5K Run/Walk, I hereby release and discharge all race participants, groups, organizers, sponsors, volunteers, officials, other affiliated Parties, the USATF and its Associations (Michigan, national and other associations) connected with this event from all liability for any damages, loss or injuries including but not limited to medical expenses, whatsoever arising from my participation in this event.

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

2019 Healing Hands 5K Run/Walk

To benefit the Genesee County Free Medical Clinic

PLEDGE FORM

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Name of person pledging Amount

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____
- 16. _____
- 18. _____
- 19. _____
- 20. _____

*Add more pages as needed

Please make any checks payable to the Genesee County Free Medical Clinic. Bring entry form, pledge form and money collected to the race on race day. Any person raising \$100 in pledges may walk or run for free.