

Baby Steps

Run-Walk-Crawl

5K and 1 Mile



When: May 12th, 2018 10am

Where: Rudyard School Farm

Cost: \$25 Family 4+ \$100 flat rate

Divisions: Male & Female; 12 & under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60+

Awards: Top overall 3 top 3 in age

group **Why:** Help raise funds and

awareness for CareNet Pregnancy resource center. Learn more about them at <http://euppregnancyoptions.com/>

For more information contact Char Miller (810)417-0120 or Jess Beery beerybunch5@gmail.com Mail entries to Baby Steps 5k % Rudyard Bible Church PO Box 155 Rudyard, MI 49780. Make checks payable to CareNet. This is a trail run be prepared for any weather and possibly muddy conditions.

Name _____ Age _____

Address _____ Phone _____

City _____ State _____ Zip _____ Shirt Size _____ Y/A

Race 5K 1 Mile Male or Female

In consideration of being permitted to participate in Baby Steps, I agree to assume all risks inherent in participation in such program, whether they are apparent to me or not. I certify that I am in good physical health and fit to participate. Nevertheless, I acknowledge that participation carries an inherent risk of injury to my person and damage to my property. I hereby waive and release, for myself and for my heirs and assigns, any and all claims, causes of action, or liabilities which may hereafter accrue against Baby Steps race crew and CareNet, and its affiliates, their agents, employees, volunteers, officers, directors, successors and assigns, and any and all sponsors, their representatives and successors, that may arise as a result of my participation in Baby Steps including any and all claims for personal injuries caused by Baby Steps negligence.

Signature_____

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