**Sandy Kay 5K Run/Walk**

Benzie Central High School Interact Club

**RACE INFO**: Call Lauren Church @ 231-383-5394 or email bcinteractclub@gmail.com

**LODGING INFO**: Call 231-882-5801 (Benzie County Chamber of Commerce)

**SPONSORED BY**: The Benzie Central High School Interact Club

**PRE-REGISTRATION/ENTRY FEE**: Pre-registration online (go to bcinteract.weebly.com, and click the link for registration), or by mail (send to 9300 Homestead Rd., Benzonia, MI, 49616).

**RACE DAY REGISTRATION**: Benzie Central High School: 8 am; $25

**TIME & PLACE**: Saturday, June 13th, 2016. The 5K run starts promptly at 9 am. Both races start and finish at Benzie Central High School

**AWARDS**: Awards given for each age group for men and women

**T-SHIRTS**: There will be a FREE T-shirt to the first 100 people to register. Other T-shirts will be available for purchase

**WOMEN’S AND MEN’S DIVISIONS -**  [13 & under] [14-18] [19-24] [25-35] [36-39] [40-44] [45-49] [50-54] [55-64] [65+]

**ENTRY FORM SANDY KAY 5K – JUNE 13TH 2015**

**CHECKS PAYABLE TO**: Benzie Central Interact Club

**SEND ENTRY FORMS TO**: Benzie Central Interact Club 9300 Homestead Rd. Benzonia, MI 49616

NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ MALE \_\_\_\_\_\_ FEMALE\_\_\_\_\_\_ AGE \_\_\_\_\_\_

T-SHIRT SIZE: (CHECK ONE) \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL

In consideration of this entry being accepted, I hereby for myself, my heirs, executors and administrators, waive and release any and all right and claim for damages the I might have against the sponsors, Benzie Central High School, and all persons officially connected with this event, for any and all injuries suffered by me in traveling to and from and while participating in said event. I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the competition of this event. Further, I grant full permission to any and all of the foregoing to use my likeness for any and all purpose whatsoever.

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_