

live life. **n**spired.  
5K Run / Family Walk

**REGISTRATION FORM**  
You may also register  
online at [lifelifeinspired.org](http://lifelifeinspired.org)

Inspired by Natalie Freiburger's 11 years of life lived fully, the race formerly known as the Hayes Green Beach Memorial Hospital Frontier Days 5K is now known as HGB's "live life. **n**spired. 5K Run/Family Walk."  
Join runners and walkers from all walks of life for a unique generosity experience that will "nspire" you to be more committed to the vitality of yourself and your community.

**SATURDAY, SEPTEMBER 11, 2010 AT 9:45 AM**

**LOCATION:**


Hayes Green Beach Memorial Hospital, Charlotte, Michigan, Oliver Street, between Harris & Hall Streets  
Check in at ambulance garage on Oliver St.: 8 am - 9:30 am. All runners will receive a t-shirt.  
(Pre-registered runners guaranteed requested size). Additional t-shirts will be available for purchase.

**COURSE:**

Includes a 5K run and family friendly walk in front of thousands of spectators waiting for the start of the Frontier Days Grand Parade! Start on Oliver Street, down Cochran to Bennett Park (family walk turns around at Henry Street) and back. Fast, flat, USATF-certified course. See map on reverse side. Race course closes at 10:25 am.

**CASH AWARDS (FOR 5K RUN):**

Male & Female: **\$150** to 1st place; **\$100** to 2nd place; **\$50** to 3rd place; **\$50** to Masters  
Top-finishing amateur athletes, as well as the top three finishers in each age group, will receive awards (five-year brackets). **Results, awards & refreshments located at race/walk finish line.**

 Cut along dotted line

**REGISTRATION**

All proceeds support the Power of ONE Fund.

(check one)

- 5K Run:** \$18 (before August 27), \$20 (on or before September 10), \$25 (Race Day)
- Family Run:** \$43 (before August 27), \$48 (on or before September 10), \$60 (Race Day)\*

**Make check payable to HGB. Mail to:**  
HGB Wellness Center  
123 Lansing St.  
Charlotte, MI 48813  
Attn: live. life. Nspired.  
Questions: (517) 543-9575

\* A family consists of parents or legal guardians and their dependents. Each person must fill out a separate registration form. Please send all forms and payment together.

Walkers will be required to register at check-in on race day.  
Online walker-registration forms will be available to complete and print in advance.

Name	Phone	Age on Race Day	Birth Date
Address	City	State	Zip
Email	Gender		

**PLEASE CIRCLE:** SHIRT SIZE: S M L XL XXL Kid's-L ARE YOU A STUDENT ATHLETE? Yes No  
(5K RUN) (add \$5)

**Waiver:** In consideration of your accepting my entry, I, intending to be legally bound, do hereby of myself, my administrators, and executors, waive and release forever any and all claims against the "live life. **n**spired. 5K Run/Family Walk" and any and all sponsors, officials, and organizers of this race, their successors, representatives, and assignees for any and all damages and injuries suffered by me while attending and participating in the "live life. **n**spired. 5K Run/Family Walk". Amateur athletes are notified that acceptance of any cash awards nullifies their amateur status.

Signature: X \_\_\_\_\_ Date: \_\_\_\_\_  
Signature of Parent/Guardian (if under 18): X \_\_\_\_\_