



Arts and Dash 5k

Saturday – 8/17/19 – 8:00 am

Location: 82 Randall Rd. – Ross Park

Online Registration: www.RunSignUp.com

Mail registration to: 4665 Dorothy St., Norton Shores 49441

Checks payable to: City of Norton Shores

\$25 per person, includes t-shirt and chip timing.

Last name _____ First name _____

Gender: M F D.O.B. _____ Age on race day: _____

Email _____ Phone _____

T-shirt Size (adult sizes) XS S M L XL

(Must pre-register by 8/1/19 to guarantee a t-shirt)

In consideration of my participation of this event, I for myself, my heirs, executors, and administrators, waive all rights and claims for damages I may have against the City of Norton Shores, No More Sidelines, Fit and Healthy with Becky, the sponsors of this event, their agents, representatives, successors, and assignees for any and all injuries suffered by me at said event, or which may arise out of my traveling to, participating in, and returning from this event. I further state that I am in proper physical condition to compete in this event.

Athlete Signature: _____ Date: _____

(or parent, if under 18)

Packet pick-up/Late registration: Saturday, August 17, 6:00 – 7:00 am

