



Presented by:



2020 SAINT IGNACE ROCK & RUN

10k & 5k RUN/WALK

WE'VE GONE VIRTUAL!

PLEASE COMPLETE ONE REGISTRATION FORM FOR EACH PARTICIPANT.

WHEN: Between 8am, May 15, 2020 and 7pm, May 17, 2020

WHERE: Anywhere you would like

**SHARE YOUR
PICTURES WITH US
ON OUR FACEBOOK
PAGE!!**

ALL RACES

**Now Only
\$25.00**

**10k
Run**

**5k
Run/Walk**

Every participant will be mailed a commemorative tech-shirt and Rock & Run Medal

First Name: _____ Last Name: _____

Street Address: _____ City: _____ State: _____ Zip Code: _____

Date of Birth: ___/___/___ Age (on race day) _____ Male / Female (circle one)

E-Mail: _____ Phone Number: _____

SELECT RACE (CHECK ONE) 10K Runner 5K Runner 5K Walker

SHIRT SIZE (CIRCLE GENDER AND SIZE) Men's / Women's S - M - L - XL - XXL(+\$2.00)

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risk associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release Mackinac Straits Health System, Mackinac Straits Health System Foundation, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further, I grant to all of the foregoing, the right to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Entry Signature: _____ Date: _____

Parent Signature (required of entrants under 18) _____ Date _____

Emergency Contact _____ Phone _____

Checks can be made payable to MSH Foundation.

Mail registration forms to MSH Foundation, 1140 N. State Street, St. Ignace, MI 49781

All Proceeds To Benefit Coronavirus Response Fund To Help Support Mackinac Straits Hospital.