



**15<sup>TH</sup> ANNUAL BRIDGMAN ATHLETIC BOOSTERS  
5K RUN & WALK  
Saturday, July 10, 2010**

5K (3.1 mile) run and walk event will take place through beautiful downtown Bridgman, winding through Stelter Farms and Water Tower Place subdivisions.

CHECK-IN TIME: 8:00 a.m. - Check in will occur in downtown Bridgman, behind the Bridgman Café and next to the Fire Department.

STARTING TIME: 9:00 a.m.

**NEW IN 2010 - Chip Timing!!** Participants agree to use a rental transponder chip provided by the race and will return it after the race. If the rental transponder chip is not returned at the conclusion of the race, the runner will be charged a \$30 fee.

For more information contact Lynda Svoboda at [lysmarrs@aol.com](mailto:lysmarrs@aol.com)

**AGE GROUPS  
MALE AND FEMALE**

<i>10 &amp; under</i>	<i>11-14</i>	<i>15-19</i>	<i>20-24</i>
<i>25-29</i>	<i>30-34</i>	<i>35-39</i>	<i>40-44</i>
<i>45-49</i>	<i>50-54</i>	<i>55-59</i>	<i>60-64</i>
<i>65-69</i>	<i>70 &amp; over</i>		

**AWARDS FOR ALL DIVISIONS--DOOR PRIZES!!**

Mail **completed** registration to:

Lynda Svoboda  
10792 Jericho Road  
Bridgman, MI 49106

**Make checks payable to: "Bridgman Athletic Boosters"**

**Registration Form**

First/Last Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Event  
Run \_\_\_\_\_ Walk \_\_\_\_\_  
\$20 by **July 8<sup>th</sup>** \$25 race day  
\$2 extra if XXL T-shirt

**FAMILY RATE:**  
**\$15 each person for 3 or more members**  
**of the same household**

T-Shirt Size: \_\_\_\_\_ Male \_\_\_\_\_ or Female \_\_\_\_\_

**T-Shirt guaranteed only with**  
**pre-registration**

In consideration of acceptance of this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Bridgman Athletic Boosters, the City of Bridgman, and Epic Race Timing, LLC, their representatives, successors and assigns for any and all injuries or illnesses which may result directly or indirectly from my participation, I further state that I am in proper physical condition to participate in this event.

Signature

Date