



# BIRMINGHAM LIONS CLUB

## 33rd ANNUAL 5K-10K & 1 MILE WALK



### LEADER DOG RUN FOR THE BLIND

# SUNDAY, SEPTEMBER 26, 2010

(STARTING TIME - 9 AM)

10,000 METER RUN FOR THE BLIND	REGISTRATION	STARTING TIME:
<p><b>WHEN:</b> Sunday, September 26, 2010</p> <p><b>WHERE:</b> Corner of Merrill and Bates by the Community House in Downtown Birmingham. <i>(New Starting Place)</i></p> <p><b>ROUTE:</b> 10K Run - 5K Run - 1 Mile Walk over a protected course through downtown Birmingham and picturesque residential areas. Fun races with many divisions for all ages, men and women.</p> <p><b>FREE PARKING:</b> Merrill &amp; Pierce or Chester &amp; Martin Parking Structures</p>	<p><b>ENTRY FEES</b> (includes T-shirt &amp; awards):</p> <p>\$20 thru Sunday Sept. 19 By mail, at Total Runner, or on-line</p> <p>\$22 Sept. 20-25 at Total Runner, or on-line</p> <p>\$25 Sept. 26 at race site only (cash or check only)</p> <p><b>PACKAGE PICKUP SEPT 21-25 at:</b> TOTAL RUNNER 29207 Northwestern Highway Southfield, MI 48034</p>	<p>Race Starts - 9:00 AM</p> <p>Registration 7:30-8:30 AM only</p> <p>Visa or MasterCard accepted at Total Runner and on-line (but <u>not</u> on Race day)</p> <p>PRE-REGISTER ON-LINE at: <a href="http://www.gaultracemanagement.com">www.gaultracemanagement.com</a> thru Sept. 25 (noon)</p> <p><b>FOR MORE INFORMATION CALL:</b> <b>TOTAL RUNNER 248-354-1177</b></p> <p>All entry fees are non-refundable</p>

#### ◆ AWARDS & PRIZES ◆

10K and 5K RUNS: MALE and FEMALE - Awards in each 5 YEAR AGE GROUP  
"15" THROUGH "70+" - 1st, 2nd, & 3rd PLACE  
SPONSOR DONATED PRIZES WILL BE DISTRIBUTED

#### ◆ RESULTS ◆

Race will be scored with the disposable Chrono Track timing system and posted race day and online at [www.gaultracemanagement.com](http://www.gaultracemanagement.com)

ENTRY FORM: Please print clearly in spaces provided. Mail entries and make checks payable to: BIRMINGHAM Lions Club. c/o Total Runner 29207 Northwestern Hwy., Southfield, Michigan 48034 Fax 248-354-2245.

Name: Last \_\_\_\_\_ First \_\_\_\_\_ Middle Initial \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Email \_\_\_\_\_

Event (check one)     1 Mile Walk     5K     10K run    T-shirt size     Small     Medium     Large     X-Large

Visa \_\_\_\_\_ MC \_\_\_\_\_ # \_\_\_\_\_ Exp. \_\_\_\_\_ Signature \_\_\_\_\_

Running a road race involves risk of serious injury. Potholes and other surface defects exist on the course. Motorists, cyclists, pedestrians and animals may accidentally or deliberately create hazards. Also, the physical strain of a long-distance race can lead to serious health problems. I have read and understand this statement and agree to assume all risks of personal injury or other physical or emotional ailment. I hereby waive all liability claims against the City of Birmingham, County of Oakland, Birmingham Lions Club, Total Runner and any or all other sponsors.

SIGNATURE \_\_\_\_\_ Date: \_\_\_\_\_

PARENT or GUARDIAN if under 18yrs. of age \_\_\_\_\_ Date: \_\_\_\_\_

Birmingham Lions Club  
c/o The Community House  
280 S. Bates St.  
Birmingham, MI 48009

