

**CALLING ALL  
HEROES!**  
COME JOIN US



5th Annual Run/Walk  
**SUNDAY**

**SEPTEMBER 10, 2017**  
Benefiting Camp Quality Michigan

This will be a paved race starting and finishing at

**Bueche's Food World**

300 W Main St. • Flushing, MI 48433

**EVENT SCHEDULE:**

- 8:30am Costume Judging
- 9:00am 5k Run Starts
- 9:02am 5k Walk Starts
- 9:30 am 1 mile Non-competitive run starts (14 & under)
- 9:32 am ½ mile Non-competitive run starts (9 & under)

*Early registration ends September 1st, 2017.*

*Online registration will close September 8, 2017.*



**EARLY REGISTRATION:**

**5K \$25<sup>00</sup>**

**1 & 1/2 Mile \$15<sup>00</sup>**

INCLUDES: T-shirt, sponsor goodie bag,  
and finishing medal for all 1 mile and  
½ mile participants.

**LATE REGISTRATION AFTER**

**SEPTEMBER 1st, 2017\***

**5K \$30<sup>00</sup> • 1 & 1/2 Mile \$20<sup>00</sup>**



All even proceeds go to local charity Camp Quality Michigan, a year-round support system for children with cancer and their families.

**Register Online: [www.Hero4aDay5k.com](http://www.Hero4aDay5k.com)**

**EARLY REGISTRATION:**

Early registration ends September 1, 2017. Entries must be postmarked by this date to be eligible for early entry fee and a guaranteed t-shirt. Early registration fee of \$25 for all 5k participants and \$15 for all 1 mile and 1/2 mile participants. **INCLUDES:** T-shirt, sponsor goodie bag, and finishing medal for all 1 mile and 1/2 mile participants. Registration cost can be reduced by \$5 if a t-shirt is not wanted.

Online registration available: [www.Hero4aDay5k.com](http://www.Hero4aDay5k.com)

**LATE REGISTRATION:**

Online registration will close September 8, 2017. Late Registration fee will be \$30 for all 5k participants and \$20 for all 1 mile and 1/2 mile participants. **\*INCLUDES:** T-shirt (subject to availability), sponsor goodie bag, and finishing medal for all 1 mile and 1/2 mile participants. Registration cost can be reduced by \$5 if a t-shirt is not wanted. Online registration available: [www.Hero4aDay5k.com](http://www.Hero4aDay5k.com)

**PACKET PICK UP/DAY OF RACE REGISTRATION:**

Packet pick up and late registration will take place at Bueche's Food World - 300 W Main St., Flushing, MI 48433 on September 9th from 4 - 8. There also will be late registration and packet pick up on race day starting at 7:30am.

**COURSE:**

**BRAND NEW COURSE THIS YEAR!!** This will be a paved trail/road race starting and finishing at Bueche's Food World (300 W Main St., Flushing, MI 48433). The course will include the beautiful views of the Riverview Trail as well as the gorgeous Flushing County Park. Map available on race website: [www.Hero4aDay5k.com](http://www.Hero4aDay5k.com)

**AGE GROUPS – RUNNERS:**

14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over

**AGE GROUPS – WALKERS:**

19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over

**COSTUME AWARDS:**

Awards will be handed out for the best individual and group hero costumes. Costumes will be judged at 8:30am the morning of the race!

**For Questions, Concerns, or to Volunteer:**

Contact Race Director: Breann VanKuren at [Breann.White@CampQualityUSA.org](mailto:Breann.White@CampQualityUSA.org)

**MAIL IN ENTRY FORM: Make checks payable to: CAMP QUALITY USA, INC.**

**MAIL TO: Camp Quality's Hero for a Day 5k • P.O. Box 345 Boyne City, MI 49712**

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Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Sex: M or F Age on race day: \_\_\_\_\_ Check one: 5k Run \_\_\_\_\_ 5k Walk \_\_\_\_\_ 1 mile \_\_\_\_\_ 1/2 mile \_\_\_\_\_

No T-Shirt: \_\_\_\_\_ Save \$5 off registration

Youth T-Shirts: YS \_\_\_\_\_ YM \_\_\_\_\_ YL \_\_\_\_\_ Adult T-Shirts: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

Donation: \_\_\_\_\_ Registration Fee: \_\_\_\_\_ **TOTAL AMOUNT ENCLOSED:** \_\_\_\_\_

Waiver: As a participant in the Camp Quality Hero for a Day 5k Run/5k Walk/1 mile Run/ 1/2 mile Run on September 10, 2017, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages, or loss that may accrue to me on account of my participation in the Camp Quality Hero for a Day Events. I further agree to indemnify, hold harmless, and defend Camp Quality USA, its officers, agents, and employees from injuries, damages, and loss sustained by me and arising out of, connected with, or in any way associated with my participation in the Camp Quality Hero for a Day 5k run/5k walk/1 mile run/ 1/2 mile run events.

**I HAVE FULLY READ AND UNDERSTAND THE FOREGOING.**

**Athlete (or parent, if under 18) must sign:**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_