

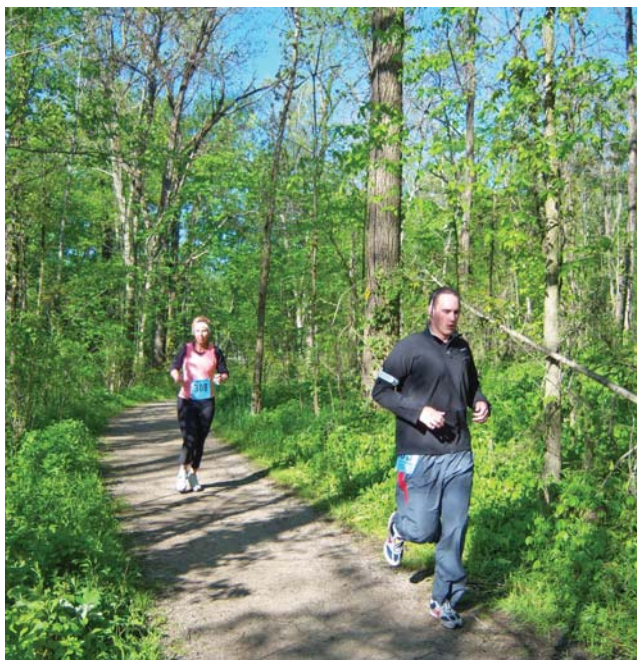
ROCK & ROAD 5K & 10K RUN



PRESENTED BY
WEST BLOOMFIELD
PARKS & RECREATION
SEPTEMBER 12, 2010

HENRY FORD WEST BLOOMFIELD HOSPITAL

Henry Ford West Bloomfield Hospital Rock & Road 5K / 10K Run & Kids Run 2010 Sunday, September 12



Start and finish at:
**West Bloomfield
Parks & Recreation's
Recreation Activities Center**
in the West Bloomfield
Civic Center Complex,
4640 Walnut Lake Road

5K ROAD COURSE

- ▶ Scenic route through residential area.
- ▶ Entire route is on clearly marked roads
- ▶ Aid Station close to the 2 mile mark.

10K ROAD/TRAIL COURSE

- ▶ Challenging course through residential roads and scenic nature trails
- ▶ Trails are 6 to 8 feet wide – limestone and natural surfaces.
- ▶ Aid Station close to the 2.5 and 4 mile mark.

*These accurate courses were measured
and designed by Doug Kurtis*

5/10K FEES

\$20 by September 1
\$25 September 2 - 12

10K - 8:30 am

5K - 8:45 am

Kids Run - 10 am

Check In Starts at 7 am

To Register Use Activity Code #312030 for 5K Run

To Register Use Activity Code #312031 for 10K Run

Henry Ford West Bloomfield Hospital Rock & Road 5K / 10K Kids' Run 2010 Sunday, September 12

ROCK & ROAD 5K & 10K RUN



PRESENTED BY
WEST BLOOMFIELD
PARKS & RECREATION
SEPTEMBER 12, 2010

HENRY FORD WEST BLOOMFIELD HOSPITAL

Register Online @
www.WestBloomfieldParks.org

or print entry form on page 3

PACKET PICK UP

- ▶ Packet pick up will take place at West Bloomfield Recreation Activities Center, 4640 Walnut Lake Road on Sunday, September 12, 7 to 8:15 am, just prior to the race.
- ▶ Kids Run participants may pick up their packets until 9:30 am

RUNNER REFRESHMENTS

- ▶ Refreshments will be provided to Run participants.

FACILITIES/PARKING

- ▶ Restrooms available at the Recreation Activities Center on Race Day, 7 am to 12 pm.
- ▶ Parking available in the West Bloomfield Civic Center.
- ▶ No baby joggers, roller blades, bicycles or animals will be allowed on the course.

AGE DIVISIONS & AWARDS

Age Groups, Male & Female: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & over.

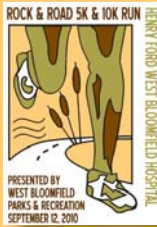
- ▶ Awards Presentation will take place after the race, along with refreshments.
- ▶ All registered participants present at the Awards Presentation are eligible for drawings (apparel, sponsor gifts, gift certificates).
- ▶ Awards will be given to overall male, female, masters and top three in each age group in the 5K and 10K Runs.
- ▶ Special awards will be given to overall male, female and masters winners in the 5K and 10K Runs.

Community Sponsor



TIMING & RESULTS BY EVERAL RACE MANAGEMENT

- ▶ All 5K/10K participants will receive a D-Tag Timing Chip when they check in the morning of the race.
- ▶ Results will be posted near the awards area at the conclusion of the race.
- ▶ Results will also be available at:
www.WestBloomfieldParks.org
www.everalracemgt.com



Henry Ford West Bloomfield Hospital Rock & Road 5K / 10K 2010 Entry Form

1 CHECK THE EVENT YOU ARE ENTERING (NO REFUNDS OR TRANSFERS - ONE RUNNER PER ENTRY)

10K 5K

LAST NAME										FIRST NAME										MI					
2										3															
STREET ADDRESS / APARTMENT NUMBER																									
4																									
CITY															STATE										
5															6										
ZIP CODE				DATE OF BIRTH				AGE (for SHIRT)				SEX M F		SHIRT SIZE (Circle One)											
7				8				9				10		11 S M L XL											
DAYTIME TELEPHONE NUMBER												EVENING TELEPHONE NUMBER												2 XL	
12												13													
EMAIL ADDRESS																									
14																									

WAIVER – REQUIRED

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever any and all claims I may accrue against the Township of West Bloomfield, West Bloomfield Parks and Recreation Commission, and any and all officials and sponsors of this race, their successors, representatives and assigns, for any and all damages and injuries suffered by me while attending and participating in the Henry Ford West Bloomfield Hospital Rock and Road 5K-10K and the Kids' Run. I also authorize the utilization of any photographs and videotape of my participation for any and all purposes.

Signature of participant (or parent if under age 18)

5/10K FEES	▶ Runner Fees:	5K or 10K Run	\$ _____
\$20 by Sept 1		Total	\$ _____
\$25 Sept 2-12	Make checks payable to West Bloomfield Parks & Recreation		

PAYMENT METHOD

Cash (in person). Checks (made payable to West Bloomfield Parks & Recreation). Mastercard or Visa are acceptable.

Method of Payment (circle)	Cash	Check	Mastercard	Visa
Name of Cardholder				
Cardholder's Street Address				ZIP CODE
Credit Card Number				EX Date
Signature of Cardholder				

Mail Completed Entry Form & Payment to
West Bloomfield Parks & Recreation, 4640 Walnut Lake Road, West Bloomfield MI 48323

Kids Run 2010

Sunday, Sept 12

10 am

Sponsored by

WB Civic Center Complex



Presented by
West Bloomfield Parks & Recreation

To Register Online:
www.WestBloomfieldParks.org
or Call
248.451.1900 or 248.451.1901

Age Divisions

5 - 6 yr olds 7 - 8 yr olds 9 - 10 yr olds
Age appropriate distances will be used for each age group

Registration Fee:

Register by September 1 - \$6
from September 2 thru 12 - \$10

To Register Use Activity Code #312032 for Kids Run



