RACE REGISTRATION

10th Annual
Labor Day 30K / 10K Race

Saturday, September 4, 2010
Milford, MI

LOCATION

Baker's of Milford Restaurant - Side Parking Lot
2025 South Milford Road, Milford, MI 48381
(Across from the Milford Road Entrance of Kensington Metropark)

TIMES

Registration @ 6:30 - 7:45 AM
30K Bike on Dirt @ 7:30AM
30K Run Begins @ 8:00 AM
10K Run Begins @ 8:30 AM
10K Walk @ 8:35AM
½ Mile Kids Fun Run Begins @ 11:15 AM

- **New RRCA 30K Regional Championship and USATF Certified Course!**
- Pre & Post Race Sports Massages!
- Expo on Friday 1PM – 6PM and Saturday (race day)
- This race is **EXTRAORDINARY!** An excellent way to prepare for your 1st or best fall marathon.
- Free Chicken Sandwich, Veggie Burger, or Hamburger after the race.
- We have something for EVERYONE... Runners, Joggers, Walkers, Bikers, & Kids!
- Post Race Party with Entertainment & Finisher Medals for all will follow at Baker's of Milford.
- Age Group Awards and **$2000** in Prize Money for top runners over all, masters, and grand masters.

Visit Our Web Site: **www.LaborDay30K.com**

RACE DIRECTOR Doug Klingensmith (248) 685-7580 or via e-Mail: Doug@LaborDay30K.com

PAYMENT *Make Check Payable To:* **Huron Valley Running Club**

MAIL TO Labor Day Race Registration ◆ c/o Doug Klingensmith ◆ 527 Union, Milford MI 48381

Your check needs to be received by August 31, 2009 for Early Registration!!!

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10th Annual Labor Day 30K / 10K Race - Registration

30K Run	10K Run, Fun Walk, or 30K Bike	
	Packet pick-up and expo optional the day before at Baker's of Milford 1-6pm	
$42.00	$30.00	The Value Plan - Checks Rec'd by June 16
$47.00	$35.00	Last Minute - Checks Rec'd by August 31
$50.00	$37.00	Friday Expo – September 3
$55.00	$40.00	Race Day

Dry-Shirt ☐ S ☐ M ☐ L ☐ XL
☐ XXL ($5.00 extra)

☐ 30K Run ☐ 30K Bike ☐ 10K Run ☐ 10K Fun Walk
☐ Kids ½ Mile Run –w/ T-shirt as supplies last
$10 if Rec'd by September 1st $15 at Expo and Race Day
(Please Check One)

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Name

______________________________ ______________________________
E-Mail Address | Address

____ ____ __________ ______________________________
Sex | Age | Phone | City | State | Zip

______________________________ ______________________________
Signature | **Parent/ Guardian** (If Under 18)

30K/10K/1/2 Mile RACE PARTICIPANT WAIVER: I (Named Above) believe I am physically fit for the event. In consideration of your accepting this entry form, I, intending to be legally bound, hereby for myself, my heirs, personal administrators waive & release all rights and claims for damages I may have against the administration of this event, its agents, representatives, successors, the Township or Village of Milford, Brighton Township, the Oakland or Livingston County Road Commissions & assigns for any and all injuries suffered by me at said event, or which may arise out of traveling to, participation in and returning from these events. I also authorize the race officials & sponsors to utilize images of my participation. (NO REFUNDS OR TRANSFERS)