

2nd Annual Run With Attitude 5k and 1 Mile Run/Walk



Date: Sunday September 25, 2011

Time: 10:00 AM (Registration and packet pickup begins at 8:00 AM)

Location: Martin Parkway (Martin Road between Pontiac Trail and Oakley Park Rd.) Registration and packet pickup at the Commerce Township Hall, 8600 PGA Drive, Commerce Township, MI 48390

Start and finish: Martin Parkway and PGA Drive (near Commerce Township Hall). Enter Martin Parkway south off Oakley Park.

Registration: On-line www.runwithattitude.com (until September 22, 2011) or follow link from www.runmichigan.com.

Entry Fees:

5K: \$20 until September 22; \$25 after September 22

1 Mile (Individual): \$15 until September 22; \$20 after September 22

1 Mile (Family, untimed): until September 22 \$25.00; after September 22; \$30.00 (two T-shirt limit)

Awards:

5K awards to overall male and female (open and masters) finishers & top three in each age group: 11 - 14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over. Children 1 mile finishers under age 10 receive medal.

General: Join us for this second annual Run With Attitude 5k and 1 mile run/walk on the scenic trails and closed-road course on the former Links of Pinewood and El Dorado golf course properties, also known as the Martin Parkway Project. The 5k course meanders through more than 125 acres of trails, trees, ponds and natural beauty. The event supports the Lakes Area Optimist Club, an affiliate of Optimist International, a group committed to "Bringing out the Best in Kids."

***** Kids activities *****

Please note: No dogs or strollers permitted in the 5k. **Also, this is a road and trail course; trail conditions vary.** Please understand you may encounter areas of unstable footing and small stones – as well as stunning fall colors and the occasional leaping deer. Please run with caution, awe...and attitude.

Presented by the Lakes Area Optimist Club and the Commerce Township DDA

www.runwithattitude.com E-mail runwithattitude@aol.com

Run with Attitude September 25, 2011

Name: First _____ Last _____

Address _____

City _____ State _____ Zip _____

Phone _____ Age on race day _____ Sex: M ___ F ___

E-mail _____

5K _____ 1 Mile Individual _____ 1 Mile Family _____ (indicate number of family members)

Circle t-shirt size: S M L XL

Mail to: Lakes Area Optimist Club
c/o Greg Janicki
4634 Northridge Drive
West Bloomfield, MI 48323

Checks payable to: Lakes Area Optimist Club

I know that running in a race is a potentially dangerous activity. I will not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this event. I assume all risks associated with running in this event including, but not limited to contact with other participants, the effects of the weather, and the conditions of the trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and anyone on my behalf, waive and release the sponsors of this race, supporters and officials, their representatives and successors from all claims of liability of any kind arising out of this event for any legitimate purpose.

Signature of participant (or parent, if under 18): _____