



Saturday, May 20, 2017, 10:00 am
Lakeside Park, Rogers City, MI

Registration Fee: Adult- \$30 before April 26, \$40 after/day of
Under 18-\$20 before April 26, \$25 after/day of
Fee includes registration, white t-shirt, color info sheet and extra color packet
To be picked up on 5K day (registration starts at 8:30)
Shirt sizes & availability are not guaranteed after April 26.

The Color Me Awesome 5K is a one of a kind experience that is less about speed and more about celebrating the hard work and accomplishments of our Girls on the Run Sunrise Side participants while becoming a human canvas.



- * This is not a timed event. Run, walk, and have fun!
- * No strollers or dogs allowed.
- * Color is food & cosmetic grade cornstarch and is 100% natural and safe.

Sunglasses or bandanas may be used if you would like to keep powder from entering eyes/mouth even though completely safe. A limited number of sunglasses, bandanas, headbands will be available for purchase.

A BIG Thank You to our local sponsors:

Community Foundation of NE MI * District Health Dept #4 * NE MI Women's Giving Circle
Presque Isle Electric & Gas * United Healthcare * Zonta Club of Alpena Tri-County Area
Bay Athletic Club * Besser Credit Union * Calcite Credit Union * Chemical Bank
First Federal of N. MI * Pepsi * City of Rogers City

National 5K Sponsors:



Registration form also available from local sponsors or at DHD4.org.

Send form and fee made payable to: DHD4/GOTR Sunrise Side 5K, 100 Woods Circle, Suite 200, Alpena, MI 49707

Print clearly

Participant's Name: _____ Age: _____ Gender: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone#: _____ Email: _____

Size t-shirt: YL AS AM AL XL XXL Amount enclosed: _____
Non refundable

Waiver: I understand that I or my child is participating at our own risks. I assume all risks for me/my child. I and anyone entitled to act on my behalf, waive and release Girls on the Run Sunrise Side, District Health Department #4 and the City of Rogers City and all sponsors, their representatives and successors for all claims or liabilities of any kind arising out of my participation in this event. I also acknowledge that me or my child may be photographed during the event and Girls on the Run Sunrise Side reserves the right to use all photos.



Participant's signature (parent/guardian if under 18)

Date