



Please join us for a fun-filled event to benefit OPC's Meals on Wheels Program, which provides daily meals for homebound seniors 7 days a week.

EVERY \$5 RAISED = ONE HOME DELIVERED MEAL!

Saturday, June 1, 2019

OPC | 650 Letica Drive | Rochester, MI

Registration from 7 to 7:50 a.m. | 5K Run/Walk begins at 8 a.m.

Course is flat, along the Clinton River Trail with one hill

Bib/Shirt Pick-Up:

May 30 and 31 from 7 a.m. to 8 p.m. | OPC lobby

The OPC 5K Run/Walk is proud to be a featured event for the Clinton River Trail's 15th Anniversary!

- ★ T-shirts for participants who register by 5/10/19
- ★ Awards in 10-year age groups (*chip time event*)
- ★ Prizes for oldest and youngest walkers
- ★ Refreshments



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REGISTRATION FORM for 2019 5K Run/Walk

OR register online at Eastsideracingcompany.com (*credit card payment will show www.erc.com*)

LAST Name _____ FIRST Name _____
 Address _____ Birthdate _____
 City _____ State _____ Zip _____
 Phone _____ Email _____

SELECT DIVISION/RACE:

- MALE 5K (Timed)
 FEMALE DONATION ONLY

SHIRT SIZE:

- YOUTH LARGE
 SMALL X-LARGE
 MEDIUM 2X-LARGE (*Add \$2*)

ENTRY FEE:

- \$20 PRE-REGISTRATION (BY 5/31/19)
 \$30 RACE DAY REGISTRATION
 \$15 AGE 12 & UNDER
 \$25 RACE DAY REGISTRATION (12 & UNDER)

ADDITIONAL DONATION
(if desired)

\$ _____

Enclosed is my check (# _____) payable to OPC in the amount of \$ _____

Please charge my registration to: Visa Mastercard Discover

Card #: - - - Exp. Date: _____

Name on card (if different from registrant) _____

WAIVER: In acceptance of my registration for OPC's 5K Run & Walk, I hereby release OPC and all participating groups, sponsors and persons officially connected with this event from any and all injury or damage whatsoever from my participation.

Signature of applicant or parent/legal guardian (if under 18 years of age):

NAME _____ DATE _____

MAIL REGISTRATION FORM TO: OPC, 650 Letica Drive, Rochester, MI 48307 (Additional forms can be downloaded at opcseniorcenter.org)
 For more information, call Matthew Spierling at (248) 659-1021.