

2022 5K Run and Walk for OPC's MEALS ON WHEELS Saturday, June 4



Please join us for this fun event to raise funds for Meals on Wheels, OPC's essential program that provides **nutritional meals 7 days a week** to homebound seniors in the Greater Rochester area.

Every \$5 raised = one home-delivered meal for seniors!

TWO WAYS TO PARTICIPATE

IN PERSON at OPC on Saturday, June 4 (beginning at 8 a.m.)
VIRTUALLY between June 1-30 (choose your own schedule & location)

Thank you to our sponsors for their generous support!

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Oakland Woods
A COMMUNITY CONNECTION

Register by **MAY 25** to receive a T-shirt!

T-shirt pick on Wednesday, June 1 from 5 to 7:30 p.m., or Friday, June 3, from 8 a.m. to 3 p.m. at the OPC Pool Desk.



FIRST/LAST NAME AND AGE	VIRTUAL (V) or IN-PERSON (I)	T-SHIRT SIZE (if registered by May 25). <i>T-shirts are NOT required unless you would like one.</i>	FEE
_____	<input type="checkbox"/> F <input type="checkbox"/> M	<input type="checkbox"/> YOUTH <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL (add \$2 to fee) <input type="checkbox"/> NO T-SHIRT	<input type="checkbox"/> \$25 - <i>before</i> May 25 <input type="checkbox"/> \$30 - <i>after</i> May 25
_____	<input type="checkbox"/> F <input type="checkbox"/> M	<input type="checkbox"/> YOUTH <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL (add \$2 to fee) <input type="checkbox"/> NO T-SHIRT	<input type="checkbox"/> \$25 - <i>before</i> May 25 <input type="checkbox"/> \$30 - <i>after</i> May 25
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ENTRY FEE TOTAL \$_____ + ADDITIONAL DONATION (optional) \$_____ = TOTAL \$_____

Name _____

Address _____

Phone _____ Email _____

Please charge my registration to: VISA MASTERCARD DISCOVER CARD # _____

EXPIRATION DATE _____ CVV CODE _____ NAME ON CARD (if different from registrant) _____

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

WAIVER: In acceptance of my registration for OPC's 2022 5K Run & Walk for Meals on Wheels, 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 or email registration form to:
OPC, 650 Letica Drive, Rochester, MI 48307
OR Irochschoefter@opcseniorcenter.org

For more information on registration or additional payment options, call (248) 608-0278 or email Mandy Mullins at mmullins@opcseniorcenter.org.