

**2023
5K Run and
Walk for OPC's**

**MEALS
ON
WHEELS**

Saturday, June 3

OPC | 650 Letica Drive | Rochester, MI

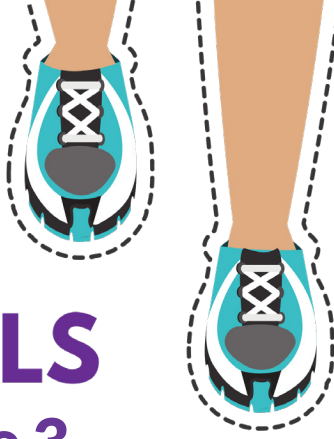
Registration from 7 to 7:50 a.m.

5K Run/Walk begins at 8 a.m.

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

BIB/SHIRT PICK-UP:

**Thursday, June 1, from 5 to 7:30 p.m.,
or Friday, June 2, from 8 a.m. to 3 p.m.
at the OPC Pool Desk.**



★ **TIMING IS BACK!**

★ **T-shirts for participants who register by 5/19/23**

★ **Awards in 10-year age groups (chip time event)**

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

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REGISTRATION FORM for 2023 5K Run/Walk

First Name _____ Last Name _____ MALE FEMALE

Address _____ BIRTHDAY _____

City _____ State _____ Zip _____

CHOOSE ONE:

- 5K (Timed)
- 5K (Untimed)

SHIRT SIZE:

- Youth Large No T-shirt
- Small X-Large
- Medium 2X-Large (Add \$2)

ENTRY FEE:

- \$30 Pre-Registration (By 5/30/23)
- \$35 Race Day Registration
- \$20 Age 13 & Under (By 5/30/23)
- \$25 Age 13 & Under (Race Day Registration)

**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) _____

CSC #: _____

WAIVER: In acceptance of my registration for OPC's 2023 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** tickets@opcseiorcenter.org

For more information on registration or additional payment options, call (248) 608-0278

or email Mandy Mullins at mmullins@opcseiorcenter.org.