



**Saturday  
August 12, 2023**

**For-Mar Nature Preserve**  
2142 N. Genesee Road | Burton, MI 48509  
**Free Events at For-Mar Day of**



**GENESEE COUNTY PARKS**  
Get away. Right away.

2022 Sponsors

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[www.BillCarrSigns.com](http://www.BillCarrSigns.com)

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INSURANCE AGENCY, INC.

**Fernico**

#### RACE FEATURES:

- **FREE** Kids "Nature Hero" ¼ mile Fun Run **9:00** am - Costumes encouraged! (Think Butterfly, Bee, Lady Bug, Owl, Bat)
- **5K Run/Walk at 9:30 am:** Scenic course is flat and fast on paths and trails that wind through the Nature Preserve.
- **Medals:** Overall male & female winners. Top three in each age division for both the run and walk.
- **Guaranteed Tech T-shirt** for registrations received by July 10, 2023.
- **Free Childcare on-site**
- **Facilities:** Restrooms. No showers.
- **Parking is LIMITED:** shuttle bus will be provided to and from off-site parking.

#### REGISTRATION:

- Registration begins at 8:00 am day of race.
- Online Registration **bit.ly/givemeselter5k** (closes August 10, 2023)
- **Packet Pickup** and Late registration: **Friday**, August 11, 2023, at Complete Runner - 915 Dort Hwy., Flint from 12:00 – 5:30pm
- CrimFit vouchers accepted  
**MUST INCLUDE ORIGINAL CRIMFIT VOUCHER WITH REGISTRATION.** Can register online!  
**PER CRIMFIT RULES – MAY NOT GIFT VOUCHER TO PARTICIPANT**  
Due to rising costs CRIM FIT vouchers do not include FREE t-shirt
- \$25 early registration by Monday, July 10, 2023
- \$20 for those 18 and under
- \$30 day before race and race day (T-shirts subject to availability)

**EVENT ADDRESS:** For-Mar Nature Preserve | 2142 N. Genesee Road Burton, MI 48509

**EVENT:** ☐ 5K Run ☐ 5K Walk  
☐ .2K Kids "NATURE Hero" Fun Run

**MAIL REGISTRATION TO:**  
P.O. Box 4519  
Flint, MI 48504  
810.234.9444



MAKE CHECKS PAYABLE TO FAMILY PROMISE

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Phone: ( ) \_\_\_\_\_  
Email: \_\_\_\_\_

Date of Birth: / / Gender: ☐ Male ☐ Female

UNISEX Tech Shirt: S M L XL XXL

Select Method of Payment: Check Visa MC Discover AMEX CRIMFIT

Credit Card #: \_\_\_\_\_ EXP: / \_\_\_\_\_ CVV \_\_\_\_\_

Signature: \_\_\_\_\_

Team Name: \_\_\_\_\_

	REGISTRATION	X	PRICE	= TOTAL
Before 7/10/2023 Shirt	X		\$25	
Before 7/10/2023 18 & Under Shirt	X		\$20	
Before 7/10/2023 <b>RUN ONLY</b>	X		\$20	
<b>CRIM Fit Voucher</b> (No shirt –One unique CRIM Voucher per person)	X		\$0	
Packet Pick-Up <b>August 11</b>				
Race Day <b>August 12</b>	X		\$30	

T-shirt X **\$15**  
Kids Fun Run X **FREE**

GRAND TOTAL = \_\_\_\_\_

**WAIVER:** I know that running/walking is a potentially hazardous activity. I should not run/walk unless I am medically able and properly trained. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, the effects of weather, traffic and road conditions, all such risks being known and accepted by me. Having read this release and having signed this entry form, I for myself and anyone entitled to act on my behalf, waive and release all promoters, representatives, agents, sponsors, municipalities, and participants from claims or liabilities of any kind from my participation in this event.

SIGNATURE (IF UNDER 18 GUARDIAN MUST SIGN)

**SORRY NO REFUNDS**

OFFICIAL USE

BIB #: