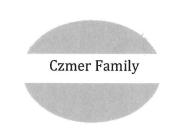


FLINT

DOING WHAT'S BEST.®





HEALING HANDS 5K RUN/WALK

to benefit The Genesee County Free Medical Clinic

Organized by

Genesee County Medical Society Alliance & Sovita Credit Union

Saturday, May 20, 2023 @ 9:00AM - Mott Community College, Downtown Flint, MI

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Starting Time:	5K Run starts at 9:00AM and 5K Walk starts at 9:01AM		
Location:	Mott Community College, Events Center 1401 E. Court Street, Flint, MI. Parking available at college		
Course:	Both events will start and finish at Mott Community College.		
Facilities:	Restrooms only at race site.		
Registration:	Entries postmarked after 5/03/23 may not guarantee your preferred T-shirt size. Packet pick-up & onsite registratio held from 8:00-8:45 AM the morning of the run/walk at the Events Center (East side of the Mott Library)		
Entry Fee:	\$25 before 4/1/2023 \$30.00 after includes T-shirt		
Refreshments:	Post-race refreshments for your enjoyment while awaiting race results & awards presentation.		
Features:	Community health promotion, materials to promote health, and a few silent auction items. Theme Basket Door Prizes – must be present to win.		
Race Ceremony:	The Pougnet Family		
Awards & Age Divisions:	Awards to Overall and Masters male and female and top THREE finishers in each age group in each race: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over.		
Results:	Race scored using B-Tag System & posted race day and online at www.enmotive.com		
Information:	HOTLINE: 810-235-7430 Website: Register online at https://healinghands.enmotive.com/events/28th-annual-healing-hands		
Pledge Form:	Pledge form is located on the back of this flyer. Anyone raising \$100.00 in pledges may run or walk for free.		
Heal	ing Hands 5K Run/Walk to benefit the Genesee County Free Medical Clinic Entry Form (May be photocopied) 9:00 AM Saturday: May 20, 2023		
Last Name	First Name		
Address			
City	StateZipE-mail		
Phone	Birth DateSex:		
B-Tags for scorin	g will be provided by Gault Race Management on race day. Mark if Virtual □Run □Walk		
Circle choice of Te	ch T-shirt size: S M L XL XXL (add \$2.00) REGISTRATION FEE		
	AYABLE TO: Genesee County Free Medical Clinic DONATION DONATION TOTAL AMOUNT ENCLOSED TOTAL AMOUNT ENCLOSED		
discharge all race (Michigan, nationa	BT BE SIGNED: In consideration of the acceptance of my application for the Healing Hands 5K Run/Walk, I hereby release participants, groups, organizers, sponsors, volunteers, officials, other affiliated parties, the USATF and its Associations and other associations) connected with this event from all liability for any damages, loss or injuries including but not limited whatsoever arising from my participation in this event.		
ATHLETE (OD DA	DENT IF LINDED 40 MILET CION		

ATHLETE (OR PARENT, IF UNDER 18) MUST SIGN_



2023 Healing Hands 5K Run/Walk To benefit the Genesee County Free Medical Clinic in memory of Barbara Pougnet

PLEDGE FORM

Name:			
Address:			
City:	State:	Zip:	
Name of person pledging		<u>Amount</u>	
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*Add more pages as needed			

Please make any checks payable to the Genesee County Free Medical Clinic. Bring entry form, pledge form and money collected to the race on race day. Any person raising \$100 in pledges may walk or run/walk for free.