



FLINT

DOING WHAT'S BEST.®



Czmer Family

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

- 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 registration will be 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-5k-run-walk>
- Pledge Form:** Pledge form is located on the back of this flyer. Anyone raising \$100.00 in pledges may run or walk for free. →



Healing 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 _____ State _____ Zip _____ E-mail _____

Phone _____ Birth Date _____ Sex: ☐ Male ☐ Female Age on race day: _____ ☐ Run ☐ Walk

B-Tags for scoring will be provided by Gault Race Management on race day. Mark if Virtual ☐ Run ☐ Walk

Circle choice of Tech T-shirt size: S M L XL XXL (add \$2.00)

REGISTRATION FEE _____

MAKE CHECK PAYABLE TO: Genesee County Free Medical Clinic

DONATION _____

MAIL TO: Genesee County Free Medical Clinic, 2437 Welch Blvd., Flint, MI 48504

TOTAL AMOUNT ENCLOSED _____

DISCLAIMER MUST BE SIGNED: In consideration of the acceptance of my application for the Healing Hands 5K Run/Walk, I hereby release and discharge all race participants, groups, organizers, sponsors, volunteers, officials, other affiliated parties, the USATF and its Associations (Michigan, national and other associations) connected with this event from all liability for any damages, loss or injuries including but not limited to medical expenses, whatsoever arising from my participation in this event.

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

Amount

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____
11.	_____	_____
12.	_____	_____
13.	_____	_____
14.	_____	_____
15.	_____	_____
16.	_____	_____
18.	_____	_____
19.	_____	_____
20.	_____	_____

*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.