



**Saturday, April 24, 2010
8:30 a.m.**

- **5K Run and Walk**
- **Kids Fun Run**

**330 W. Michigan Ave.
Jackson, MI 49201**

**New This Year
Chip Timing!**

**Thanks to our
Sponsors:**

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Family Service & Children's Aid 5K RUN for FUN

Now part of the Citizen Patriot Running/Walking Series



www.strong-families.org

Since 1944 Family Service & Children's Aid has touched the lives of thousands of Michigan families in Jackson and Lenawee Counties through adoption, foster care, counseling, community and school based programs, substance abuse treatment, and other services for children and families.

Services are available to all residents of Jackson and Lenawee Counties and are provided without regard to race, color, religion, national origin, age, sex, sexual preference or disability.

Thanks to our Media Partners



Join us as Home.fm broadcasts live from the FSCA 5K Run for Fun

Watch JTV for coverage of the Run/Walk



Check the Jackson Citizen Patriot for race results

See back for entry form and more information

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- **Hunt Elementary School/Blue Cross Blue Shield of Michigan**
- South Central Credit Union
- White & Hotchkiss, PLLC
- Michigan Specialty Insurance Agency
- Best Heyns & Schroeder PC
- Ron and Marvel Jones



When

- Saturday, April 24, 2010
- 5K Run & 5K Walk start at 8:30 a.m.
- Kids Fun Run after walkers finish

Where

Family Service & Children's Aid
330 W. Michigan Ave.
Jackson, MI 49201

* Course runs through downtown Jackson.



Family Service & Children's Aid is located on W. Michigan Ave., between First St. and Blackstone. Look for the blue/gray-colored brick building with a blue & white sign next to Wetherby Funeral Home.

New this Year - Chip Timing!

A chip timing system will be used to ensure accurate results for all participants.

Awards for Run & Walk

(Awards given to the overall male and female winners, plus the top 3 male and female finishers in each age group.)

Age groups for males & females:

14 & under	30 - 34	50 - 54
15 - 17	35 - 39	55 - 59
18 - 24	40 - 44	60 - 66
25 - 29	45 - 49	67 & up

BONUS! FAMILY DIVISION AWARDS

To encourage family participation, awards will be given to the top three families in both events. Two or more family members must compete in same event (Run or Walk) to qualify. The two fastest times of all family members participating will be averaged to determine winner. Each family member must fill out a separate registration form and submit them together at the same time. Please check the Family Division box on registration form to enter.

ENTRY FEES (All fees non-refundable)

- \$15.00 if POSTMARKED by March 15th.
- \$12.50 per family member if POSTMARKED by March 15th. (Must be mailed in same envelope!)
- \$20.00 Pre-Registration (March 16th - April 10th).
- \$22.00 Late Day Registration (After April 10th)
- \$3.00 Kids Fun Run (ages 10 and under) if POST-MARKED by April 16th. (\$5.00 after April 16th)

SPORTS MASSAGE:

Sports Massages will be available for a nominal donation.

PACKET PICK-UP & LATE REGISTRATION

Packet pick-up will be held on Friday, April 23rd from 8:30am - 4:00pm at Family Service & Children's Aid, and on race day beginning at 7:30 a.m.

Race registration will be available on race day from 7:30 a.m. until 8:15 a.m.

We cannot guarantee a T-shirt to late or race-day registrants.

FSCA RUN FOR FUN ENTRY FORM

One Entry Form Per Participant - Entry Form May Be Copied

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: () _____

E-mail: _____

Age on Race Day: _____ D.O.B. _____

(Check one): Male Female

(Check one): 5K Run 5K Walk

Kids Fun Run

FAMILY DIVISION (See inside brochure for details)
Each family member must participate in same event (i.e. Run or Walk). Each family member must fill out a separate registration form and submit them at the same time.

Name(s) of other family member(s) participating:

T-shirt (Adult): S M L XL XXL

T-shirt (Child): S M L

ENTRY FEES:

- \$15.00 POSTMARKED by March 15th.
- \$12.50 per family member (Submitted together and POST-MARKED by March 15th.)
- \$20.00 PRE-REGISTRATION (POST-MARKED March 16th - April 10th)
- \$22.00 RACE DAY REGISTRATION
- \$3.00 KIDS FUN RUN (by April 16th; \$5 after.)

Waiver: In consideration of accepting my entry, I, the undersigned, in intending to be legally bound, do hereby for myself, my heirs, and executors waive and release forever any and all claims for damages that I may have against the sponsors, race officials, Family Service & Children's Aid, the City of Jackson, and any person or entity associated with this event for any and all injuries suffered by me in this race/walk. I attest that I am physically fit and have prepared for this race/walk accordingly.

signature _____ date _____

As a parent or guardian of the above named minor, I hereby certify that I have read all of the above document, that I give my permission for my child to participate in this event, and that I agree on behalf of myself and my child/ward to the terms of the document.

signature _____ date _____

Mail or deliver completed entry form(s) with checks payable to **Family Service & Children's Aid** to:
Family Service & Children's Aid, c/o Kelly Adams
P.O. Box 6128
Jackson, MI 49204
(517) 787-7920

Where did you hear about our run? _____