



**Saturday  
August 10, 2019  
Davison Abernathy  
Regional Park**

**Free Day Pass at Lake Callis  
Dash-N-Splash Pad**

Per Participant  
\*\* Good from 8/11/2019 through rest of season\*\*

**Thank you to our 2018 Platinum Sponsors:**



**RACE FEATURES:**

- **FREE** Kids "Super Hero" Fun Run 8:00 am - Costumes encouraged!
- **5K Run/Walk at 8:30 am:** Scenic course is flat and fast on fully paved roads and trails that wind through the Regional Park.
- **Medals:** Overall male & female times. Top three in each age division for both the run and walk.
- **Guaranteed Tech T-shirt** for registrations received by July 22, 2019.
- **Free Pancake Breakfast**
- **Free Childcare on-site in secure Playscape area**
- **Facilities:** No showers or changing facilities.

**REGISTRATION:**

- Registration begins at 7:00 am day of race
- Online Registration [www.givemeshelter5k.com](http://www.givemeshelter5k.com) (closes August 8)
- **Packet Pickup** and Late registration: Friday, August 9, 2019 at Complete Runner - 915 Dort Hwy., Flint from 12:00 - 6:00pm
- CrimFit vouchers accepted  
*MUST INCLUDE ORIGINAL CRIMFIT VOUCHER WITH REGISTRATION. Can register online!*
- \$25 early registration by Monday, July 22, 2019
- **\$30 day before race and race day** (T-shirts subject to availability)
- \$18 for those 18 and under

**EVENT ADDRESS:** Davison Abernathy Regional Park, 402 S. Dayton St., Davison, MI 48423

**EVENT:**  5K Run     5K Walk  
 .2K Kids "Super 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(+2)  
Select Method of Payment: Check    Visa    MC    Discover    AMEX    CRIMFIT  
Credit Card #: \_\_\_\_\_ EXP:    /    \_\_\_\_\_  
Signature: \_\_\_\_\_  
Team Name: \_\_\_\_\_

	REGISTRATION	X	PRICE	= TOTAL
	7/22 Shirt	X	\$25	
	7/22 <b>NO</b> Shirt	X	\$18	
	Packet Pick-Up <b>August 9</b>	X	\$30	
	Race Day <b>August 10</b>	X	\$30	
	18 & Under Shirt	X	\$18	
	18 & under <b>NO</b> Shirt	X	\$15	
	<b>XXL</b> Shirt	X	<b>\$2</b>	
	Kids Fun Run	X	<b>FREE</b>	
<b>GRAND TOTAL =</b>				_____

**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 #: