

# SUPER HERO RACE 2019

For-Mar Nature Preserve & Arboretum

Saturday, May 11

## 2ND ANNUAL PRESERVERS 5K RUN/WALK & ½ MILE MINI SUPERHERO KIDS RUN

RACES FOR THE SUPERHERO IN YOU!

Sponsored by Genisys Credit Union

Can you fly through the trails as fast as Red Hawk or Owl Girl? Can you travel as far as The Monarch? Here's your chance to test your super powers because For-Mar's Nature's Superheroes 'The Preservers' have joined forces to bring you the 2nd Annual Preservers 5k and ½ mile Mini Superhero Kids Race.

### KID'S SUPERHERO TRAINING AREA

Practice your superhero skills with games and activities in the Kids Superhero Training area. A Staff Member will be available to watch children for parents who are running or walking in the race.

*For families, all ages and abilities.*

**Time: 10:00am-1:00pm. Cost: Free.**

*Pre-registration not required.*

### ½ MILE MINI SUPERHERO KIDS RACE

Let your little one spread their wings and soar with the For-Mar Superhero team, as they show off their superpowers during For-Mar's ½ mile Kid's race. We encourage all of our mini superheroes to dress up in their favorite Superhero Gear. Kids get a For-Mar race medallion after the race.

*For kids up to age 16, all abilities.*

**Time: 10:00-10:30am. Cost: \$5 per person, includes race t-shirt, if pre-registered.**

*Pre-registration is required by 5/6/19 to receive a race shirt. Race begins at 10:00am sharp. Walk-ins for the race must be registered by 9:30am.*

### THE PRESERVERS 5K RUN/WALK – A RACE MADE FOR SUPERHEROES

We believe everyone is a Superhero and today is your chance to dress up and show it. Join our Nature's Superhero team for our 2nd annual Preserver 5K Run/Walk. We encourage everyone to dress up in your Best Superhero Gear and join us for a friendly relatively flat 5K trail run/walk through For-Mar! All finishers will receive race medals and additional Awards will be given to the top three runners who cross the finish line.

*For ages 6 and older, all abilities.*

**Time: 11:00am-12:00pm. Cost \$15 per person until 5/6/19. After 5/6/19, the cost is \$20 per person. Extra shirts may be available on a first come basis.**

*Pre-registration is required by 5/6/19 to receive a race shirt. Race begins at 11am sharp. Walk-ins for the race must be registered by 10:30am.*



GENESEE COUNTY PARKS

Get away. Right away.

[geneseecountyparks.org](http://geneseecountyparks.org) | 800.648.PARK

# SUPER HERO RACE 2019

geneseecountyparks.org | 800.648.PARK

## REGISTRATION

Register online at [geneseecountyparks.org](http://geneseecountyparks.org); come to Genesee County Parks main office, 5045 Stanley Rd., Flint, 48506; complete registration form below and mail it to the above address; or call reservations at 810.736.7100 ext. 6. **Your completed form with payment must be received by May 6, 2019 to receive a t-shirt.** In order to participate in this race, you must complete the race form for each participant and return it to the Genesee County Parks main office at 5045 Stanley Road, Flint or at For-Mar the day of the event

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City/Town                      State      Zip Code

Date of Birth \_\_\_\_\_ Gender: M / F

Phone Number \_\_\_\_\_

\_\_\_\_\_  
Email Address

### Events - Check One

\_\_\_\_ 5k Run/Walk. Ages 6 and over

\_\_\_\_ Kids 1/2 mile race. Ages 16 and under.

### Entry Fees - Check One

\_\_\_\_ \$15 Early Registration with t-shirt for 5K Run/Walk.

\_\_\_\_ \$5 Kids 1/2 mile Early Registration with t-shirt.

\_\_\_\_ \$5 Kids 1/2 mile late Registration without t-shirt.

\_\_\_\_ \$20 Late Registration without t-shirt for 5K Run/ Walk

\* Some shirts will be available for purchase on the day of the race on a first-come, first-served basis.

### T-Shirt Size - Circle One

Youth    YS   YM   YL   YXL

Adult    AS   AM   AL   AXL    AXXL (\$1 Additional)

Early registration must be received by 5/6/19 to receive a t-shirt.

### Payment:

Cash \$ \_\_\_\_\_ Check \$ \_\_\_\_\_ Credit Card \$ \_\_\_\_\_

Total Amount enclosed: \$ \_\_\_\_\_

### ALL PARTICIPANTS MUST SIGN WAIVER

In consideration of my participation in this event, I for myself, my heirs, executors and administrators, waive all rights and claims for damages I may have against Genesee County Parks and Recreation Commission (the Commission), the sponsors of this event, their agents, representatives, successors, and assignees for any and all injuries suffered by me at said event, or which may arise out of my traveling to, participating in, and returning from this event. I further state that I am in proper physical condition to compete in this event.

The undersigned, on behalf of myself and the people listed below, do hereby consent to the use by the Commission of our name, photograph (s), likeness and voice for the use and re-use in conjunction with broadcasting, publicizing and advertising for the Commission. I further grant the Commission the right to license others to use and reuse the above cited material in the same manner.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

For participants under 18 years old, this release must be signed by a parent or guardian and the following provision applies:

In consideration for allowing my child or ward, to participate in the above recreational event, the undersigned herewith releases the Commission, its agents, directors, officers, volunteers and employees (the released parties) for any and all liability for injuries or damages that result either directly or otherwise from my child's or ward's participation in the above described event, even if these injuries and damages arise as the result of negligence or culpable conduct on the part of the parties released. I further agree to indemnify and hold harmless the released parties named above for all claims against the released parties for expenses incurred by the released parties which are due to my child's or ward's participation in the above described event.

\_\_\_\_\_  
Print Name of Participant

\_\_\_\_\_  
Print Name of Parent or Guardian

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

E-mail your questions to:

[nferguson@gcparks.org](mailto:nferguson@gcparks.org) or call 810.789.8567

### Make Checks Payable to:

Genesee County Parks  
5045 Stanley Road  
Flint, MI 48506