

THE PHOENIX RUN



5K and 1 mile fun run/walk registration form Saturday July 14, 2012, 8:00 a.m.

Fletcher Park, 1410 Mt. Zion Parkway Mt. Zion, IL

100% of proceeds will be given to the Mt. Zion Fire Department

The Phoenix Run is an out and back course, starting at Fletcher Park, the course will follow paved roads through the country. 1 mile fun run and walk will start at 8:15 a.m.

Awards will be given to top finisher in each age category for the 5k only.
Parking will be available at the Mt. Zion High School on S. Henderson St.

Registration Fee: \$30 for 5k, \$20 for 1 mile fun run/walk (\$5 extra after July 1, 2012)

Packet Pick-up: 7:00 a.m. - race time, on race day, near the pavilion

Please make all checks payable to "Help Our Heroes"

Mail registration form and registration fee to: Help Our Heroes 5k
525 S. 22nd Place
Decatur, IL 62521

Race Director: Stefanie Rohman (217) 620-7530
helpourheroesmzfd@gmail.com

T-Shirts are only guaranteed for forms postmarked by July 1, 2012.

Name: _____
(First) (Last)

Dri-Fit T-Shirt Size (circle one) Youth S M L Adult S M L XL XXL (Add \$2.00)

Gender (circle one) M F

Age: (circle one) Under 15 16-20 21-25 25-30 31-35 36-40 41-45 46-50 51-55 56+

E-mail: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: (____) _____ - _____

I am signing up for 5k 1 mile fun run

Waiver: **Must be signed to participate.**

Upon signature, I hereby relinquish all liabilities toward Help Our Heroes Mt. Zion Fire Department, Mt Zion Park District, Event sponsors, & Volunteers for any damages, personal or property, which may happen to occur at this event.

Signature/Legal Guardian Signature if racer under 18 on July 14, 2012:

Signature: _____ Date: _____