

Lyn Yarows Memorial 5K Run/Walk

CROSS COUNTRY RUN/WALK

www.jazzrunning.com

July 30, 2011 SATURDAY

Dexter, MI Hudson Mills ----

Cross Country Course

8:00 a.m. – 1 Mile Fun Run

8:30 a.m. – 5K Run/Walk

9:15 Kid's Races

200 Meters

Potato Sack Race

Spoon & Egg Race



Contact: jazzrun@charter.net
(734)474-0584

www.jazzrunning.com

**HOSTED BY: Dexter X-Country
& Jazz Running**

AGE GROUPS: 14 & UNDER, 15 -19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90+++

AWARDS TO THE OVERALL & MASTER'S MALE & FEMALE.

AWARDS TO TOP 3 IN EACH AGE GROUP.

AWARDS to the top finishers in the kid's races. (Everyone will receive something)

[Sign up online ---](#)

<https://www.runsignup.com/Race/MI/Dexter/5thAnnualLynYarowsMemorialCrossCountryRunWalk5K>

**Location: Hudson Mills Metro-park -- \$5.00 Daily pass or Annual to get in.
8801 N. Territorial, Dexter, MI 48130**

Checks made out to: Robert Jazwinski

Events: _____ 5K

Fun Run \$10 (no t-shirt)

Shirt: S _____ M _____ L _____ XL _____

t-shirts to first 150 registered

Lyn's Run/Walk
9138 Horseshoe Ct.
Dexter MI 48130

\$20 prior to July 23

\$30 After July 23.

Name: _____ Date of Birth: _____ Age: _____

Address _____ F _____ M _____

City/State/Zip _____

Phone: _____ Email: _____

Please accept my entry into the Lyn YarowsRun/Walk presented by Jazz Running & the Dexter Cross Country Teams. I hereby state I have conditioned myself to participate in the event I have chosen. I, for myself, my executors, administrators and assignees, do hereby release and discharge the officials of the Lyn Yarows Event, the Jazwinski family, volunteers, Hudson Mills Metro – Park and their employees from any damages, injuries and even death occurring by my participation in any of the events on this day. I also authorize the Jazz Running officials to utilize my photo and videotape of my participation in the Lyn Yarows Run/Walk for any/all promotional purposes.

By signing below, I hereby certify that I have read all terms and conditions of this release and do intend to be legally bound thereby.

Applicant's Signature, or Parent if athlete is under 18 (signature required)

Name _____ Date _____