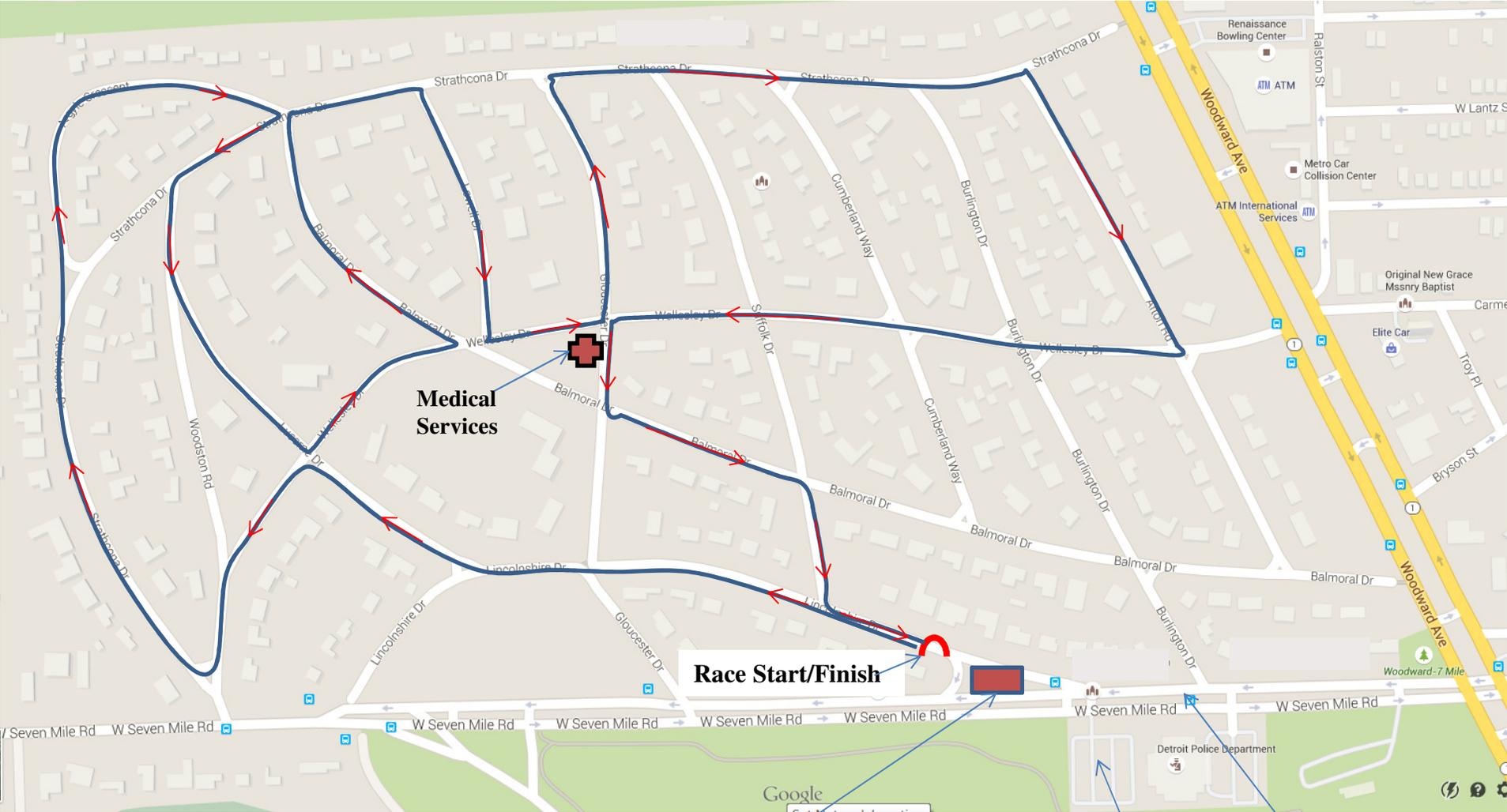


Palmer Woods Centennial 5K Map & Information



Registration in front of:
1500 Lincolnshire Dr.
Detroit, MI 48203

Park Along Eastbound or
Westbound 7 Mile Rd. or at the
12th Precinct Parking Lot

Waiver:

Please bring signed copy or a copy will be available at the race to sign.

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but no limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, and animals are not allowed in the race and I will abide by all race rules.

Having read this waiver and knowing these facts and in consideration for being allowed to voluntarily participate in this event I agree on behalf of myself, my personal representatives, heirs, next of kin, estate, successors and assigns to forever waive, release, and discharge Palmer Woods Association, A2 Race Management, the City of Detroit, all event sponsors, race officials and volunteers, their representatives, successors and assigns from any and all claims or liabilities, including the negligence of the persons or entities named above, any resulting costs, expenses and attorneys’ fees which in any manner arise out of or relate to pre-race, race or post-race activities.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident or illness during this activity or event. This release, indemnification, and waiver shall be construed broadly to provide a release, indemnification, and waiver to the maximum extent permissible under applicable law.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Name: _____ Signature: _____ Parent’s Signature if under 18 years: _____
Date: _____ Date: _____

Information & Rules:

1. Please arrive by 8:30 to register. You will turn in or sign your waiver and receive your bib. You’ll receive your shirt at the end of the race so you don’t have to hold it during the race.
2. Your bib contains a timing chip that will start and stop your time. Times will be posted online. The bib is yours to keep.
3. Bicycles, skateboards, baby joggers, roller skates or roller blades, and animals are not allowed on the 5k race course. You are welcome to wear headphones.
4. Runners must remain on the road and follow the instructions of volunteers to stay on the race course. You must obey all directions by course monitors, police and safety personnel.
5. The Race Committee, Threat Management and the Detroit Police Department reserve the right to reject an application or remove any participant from the course at their discretion.
6. All race entries are final. No refunds will be provided should you have to cancel.
7. Transfer of race numbers is prohibited. Anytime a runner uses another person's number, it causes concern for a race director. For your safety, we need to know who is in the race. In addition race results are adversely affected from this, which can cause awards errors in a small race.
8. There are no pacers or bandits allowed in the race. Any runner found on the course without a number will be removed. Any extra runners entering the race takes away from those that paid to run.
9. Faster runners, please start at the front row, if you are walking the 5K, please be on the last row. Your time will start and stop when you cross the finish line so order does not matter. For your safety and the safety of others, please allow room for faster individuals to pass you. If you are running or walking with friends, please do not line-up more than two abreast.
10. Walkers should stay to the right so that runners can pass you on the left.
11. It is perfectly acceptable to throw your water cup on the ground, but if you stay at the station and drink the water please move out of the way and use the trash can.
12. Don’t run anyone over – and if you do, stop and help them up.
13. When you cross the finish line – **KEEP MOVING**. If you stop, someone is likely to run into you. This is also true on the race course – if you have to stop, move to the right and look behind you.
14. You will not be allowed on the course before the official start