



# Dickens of a Run

Downtown Mt. Pleasant

Saturday, December 5, 2009

5K Run/Walk,  
"1/2 Mile Candy Cane Crawl"



Registration: 7:30 a.m. – 8:20 a.m. at Max & Emily's

Race Time: 8:30 a.m. "Candy Cane Crawl", 8:45 a.m. 5K run/walk

Entry Fee: Early registration \$8.00 for 5K, (\$1.00 discount for current Strider members), Race day registration \$10.00. "Candy Cane Crawl" is free (no entry prize).

New Location: This year the Dickens of a Run will start and finish at Max & Emily's on Broadway in downtown Mt. Pleasant.

No Age Groups: 5K participants will receive an entry prize and a special Strider award at the finish.

Mail entries to: Harry Plouff, Dicken's World Headquarters, 1308 Greenbriar,  
Mt. Pleasant, MI 48858

\*Run for free! If December 22nd is your birthday, run free (proof required).

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone( ) \_\_\_\_\_

Age (on race day) \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

Strider Member: Yes \_\_\_\_\_ No \_\_\_\_\_ Please send information on joining the Striders \_\_\_\_\_

*Waiver: I know the running a road race is potentially hazardous activity, which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official to deny or suspend my participation for any reason whatsoever. I assume all the risks associate with running in the event including, but not limited to: falls, contact with other participants, the effects of 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 blades, animals, and radio headsets are not allowed in the race and I will abide by the guidelines. Having read this waiver and knowing the these facts and in consideration your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and the Mt. Pleasant Striders, Isabella County, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's signature if under 18 \_\_\_\_\_ Date \_\_\_\_\_

**-Make checks payable to the Mt. Pleasant Striders-real money also accepted-**