

# Healthy Traditions 5K Run & Walk

at the 16<sup>th</sup> Annual

## Mihsihkinaahkwa Powwow

**Saturday, August 13, 2011 @ 8:00am**

**[www.miamipowwow.org](http://www.miamipowwow.org)**

DISTANCES: 5K RUN & WALK (check-in & late registration @ 7:15am)

PLACE: Morsches Park, Columbia City, IN (just south of US 30 on SR 205)

ADULT FEE: \$15 (includes t-shirt and admission to the Powwow)

CHILD/YOUTH FEE (17 and under): \$10 (includes t-shirt and admission to the Powwow)

QUESTIONS: visit [www.miamipowwow.org](http://www.miamipowwow.org) or contact Dani @ (260) 609-7844

REGISTRATION: Mail entry form to:

Powwow Fun Run  
c/o Dani Tippmann  
130 E 400 S  
Columbia City, IN 46725

\*\*\*NO PETS ALLOWED ON THE COURSE DURING THE RUN\*\*\*

\*\*\*BABY STROLLERS WELCOMED\*\*\*

PLEASE USE ONLY ONE FORM PER REGISTERED PARTICPANT (This form may be photo copied)

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

T-SHIRT: YOUTH \_\_\_\_\_ SM \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

5K RUN or 5K WALK (\$15 adult / \$10 child/youth): \_\_\_\_\_ Donation to Powwow Fund: \_\_\_\_\_

TOTAL AMOUNT ENCLOSED: \_\_\_\_\_ (Checks payable to: Whitley County Community Foundation)

Waiver: In consideration of the acceptance of this entry form, I waive myself and all my heirs and all their claims for damages against the sponsors of the Mihsihkinaahkwa Powwow Fun Run and its representatives and all race officials and volunteers for injuries received during and as a result of this event. If I should suffer injury or illness, I authorize officials at the event to use their discretion to have me treated and to be transported to a medical facility and I take full responsibility for this action. I authorize the Mihsihkinaahkwa Powwow Fun Run to photograph or video tape my participation in this event. I certify that I am physically fit and sufficiently prepared myself for this event. I HAVE READ AND UNDERSTAND THE FORM I AM SIGNING.

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Signature (guardian if under 18)

Date