



2nd Annual AVSO Forks 5K Run/Walk Albion Volunteer Service Organization



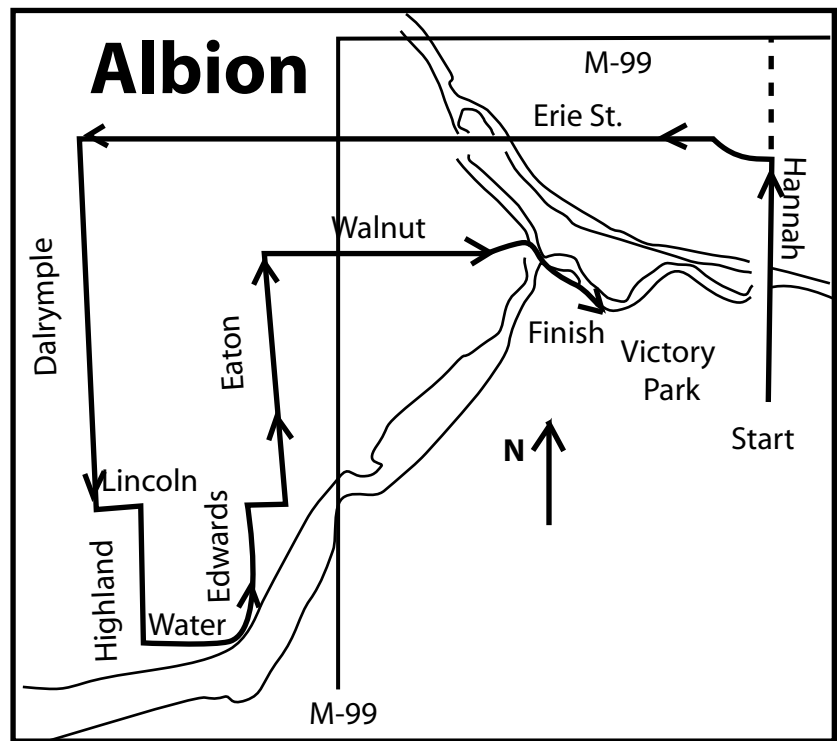
VICTORY PARK, ALBION, MI

FRIDAY, SEPTEMBER 17, 2004 -- 6:30 P.M.

Directions to Victory Park:

Take I-94 to Albion, Exit 124; follow South M-99 for 2.2 miles to Hannah Street; turn South.

Proceed 0.5 miles to Victory Park entrance; follow signs to pavilion.

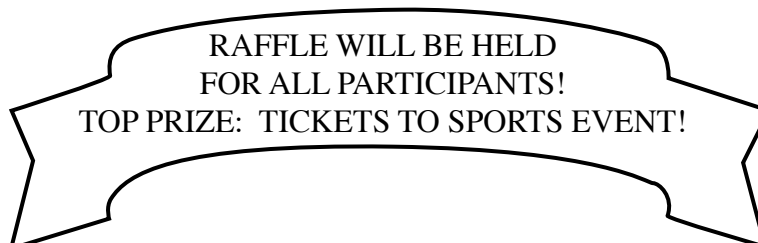


Age Groups for Men and Women:

14 and under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-66, 67 and over

MEDALS AWARDED TO TOP THREE FINISHERS IN EACH DIVISION

Packet pick-up and registration race day from 5:00-6:15 P.M.



A free kids, run for ages 12 and under will be held at Victory Park
no pre-registration needed, no t-shirts; participation ribbons

The Forks Run is held in conjunction with the Festival of the Forks -
a celebration of Albion,s heritage and diversity.
We invite you to bring your family and enjoy the food and activities!

Mail completed form to:

AVSO FORKS RUN 2004

Albion Volunteer Service Organization
203 S. Superior Street
Albion, MI 49224



For more information, contact:

A.V.S.O. at (517) 629-5574

FAX (517) 629-4914

See you race day: September 17, 6:30 p.m.!

MEDALS AWARDED TO TOP THREE FINISHERS IN EACH DIVISION

Packet pick-up and registration race day from 5:00 ^ 6:15 P.M. for registrants. A free kids, run for ages 12 and under; no pre-registration needed;

no t-shirts; participation ribbons.



Runner art by Jerome Washington

Payment must accompany registration
ENTRY FORM -- PLEASE PRINT CLEARLY
Checks Made Payable to A.V.S.O.
are tax-deductible



(detach and mail in registration)

Name _____ Age on 9/17/04 _____

Address _____ Male _____ Female _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

RACE: (Circle One) 5K Run/Shirt - \$15 5K Run/No Shirt - \$12 5K Walk/Shirt - \$15
5K Walk/No Shirt - \$12 SHIRT SIZE: (Circle One) M L XL 2XL

PRICES FOR EARLY REGISTRATION ONLY, POSTMARKED BY SEPTEMBER 4.

PLEASE ADD \$3 RACE DAY. DEPOSIT IS NON-REFUNDABLE.

WAIVER: Running or walking is a potentially dangerous activity. I should not enter unless I am medically healthy and properly trained. I agree to abide by any decision of a race official regarding my ability to safely compete in this event. I assume all risks associated with participation in this event including, but not limited to, 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. Having read this waiver, and in consideration of acceptance of my entry, I hereby forever waive and release the City of Albion, Calhoun County and Albion Volunteer Service Organization, their representatives and successors from all claims of liabilities of any kind arising from my travel to and participation in this event.

Signature _____ Date _____
(Parent or guardian signature if under 18)