



**PRESENTS THE ANNUAL  
5K WALK, RUN, OR ROLL!  
Thursday, September 19th, 2024**

Registration begins at 5:00 pm  
Walk/Run/Roll begins at 6:00 pm  
**Gregory's Steele Street Hall  
115 Steele St. Ionia, MI 48846**

Cost to participate is a donation of non-perishable item to be donated to the local food bank. Complementary food at the end of the walk! Free T-shirt for everyone who registers by August 9, 2024.

**Rightdoor5k.com**

**REGISTRATION FORM**

_____		_____	
Last Name		First Name	
_____		_____	
Address		Telephone Number	
_____		_____	_____
City		State	Zip
_____			
Email Address			
_____		_____	
Emergency Contact Name		Emergency Contact Telephone Number	

Please select a shirt size: (circle one)  
YOUTH S M  
ADULT S M L XL XXL XXXL

RELEASE: (MUST BE SIGNED BY PARTICIPANT/GUARDIAN OR APPLICATION WILL BE REJECTED). In consideration of the foregoing, I, myself, my heirs, executors, administrators, personal representatives, successors, and assigns, waive and release any and all rights, claims and courses of action I have or may have against this event, its Primary Sponsor (The Right Door for Hope, Recovery and Wellness) and its affiliates, their agents, employees, officers, directors and successors, and assigns, the County, the City, and any and all sponsors, their representatives and successors, that may arise as a result of my participation in this event, and any pre- and post- event activities. I attest and verify that I am physically fit, have been medically cleared to participate, and have sufficiently trained for the completion of this event. I give my full permission to The Right Door for Hope, Recovery and Wellness to use any photographs, videotapes, or other recordings for any legitimate purpose including commercial advertising.

_____	_____	_____
Signature of Participant	Signature of Guardian (if applicable)	Date

The Right Door for Hope, Recovery and Wellness is a CARF Accredited member of the Mid-State Health Network and the Ionia Chamber of Commerce. The Right Door for Hope, Recovery and Wellness is funded in part by the Michigan Department of Health and Human Services.