

- ♥ Short sleeve T-shirt with official Race Logo included with registration!
- ♥ Kids 8 & under are **FREE** with parent registration
- ♥ Subtract \$5 from entry fee if you DO NOT want a T-shirt

Registration received before 5/1:  
5k Walk/Run & Fun Run:  
8 & under **FREE**  
with parent registration!  
\$20.00

Registration received between  
5/1 and race day 5/13:  
5k Walk/Run & FUN Run:  
8 & under **FREE**  
with parent registration!  
\$25.00

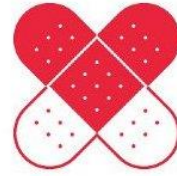
(T-shirts, and/or sizes  
not guaranteed after 5/1)

Checks payable to  
H.E.A.L.

Send check and entry form to:

Hanson's Running Shop  
c/o Run Like A Mother  
8409 Hall Road Utica, MI 48317  
or sign up at

[www.eastsideracingcompany.com](http://www.eastsideracingcompany.com)



**THE 2017 RUN LIKE A MOTHER IS  
PROUD TO SUPPORT H.E.A.L.**

**HELPING ENSURE ADDICTS LIVE**

**"HELP THOSE SUFFERING  
FROM ADDICTION RESTORE  
HOPE, GAIN COURAGE, AND  
ACHIEVE RECOVERY BY  
PROVIDING SERVICES  
DESIGNED TO FOSTER  
HEALTHY LIFE CHANGES."**



**Saturday, May 13<sup>th</sup>, 2017**

**RUN LIKE A MOTHER**

**5k Walk/Run, & Fun Run!**  
**Official Timing Services by**  
**[www.eastsideracingcompany.com](http://www.eastsideracingcompany.com)**

**All ages, abilities and  
skill levels are welcome!**

# RUN LIKE A MOTHER

*Charter Township of Harrison  
is hosting this event for runners &  
walkers of all ages, skills and abilities.*

## START TIMES:

**All participants will start & finish at  
Tucker Park Senior Center  
27100 Ballard St, Harrison Twp.  
(off Jefferson on Ballard  
by Eddies Drive Inn)**

**10:00 am - 5k Walk/Run**

**11:00 am - Fun Run!**

\*course closes at 11:30 am\*

**SPONSORS AND VOLUNTEERS NEEDED**

*Call Jean at 586-489-4341*

## PACKET PICK-UP:

Prentiss Pointe Apartments  
39111 Prentiss, Harrison Twp.

Friday, May 12<sup>th</sup>  
**4:00 pm to 8:00 pm**

Packet pick-up is also available  
on race day beginning at 8:00 am

**\*NO RACE PACKETS WILL BE MAILED\***

## AWARDS FOR 5k:

- Top Overall male & female
- Top Master male & female
- Top Grand Master  
male & female
- **Finisher medal to  
all participants !!**

**Refreshments provided by  
Prentiss Pointe Apartments**

**DJ ENTERTAINMENT BEFORE, DURING  
AND  
AFTER THE EVENT!!**

## **2017 Official Entry Form Run like a Mother**

**Participant:**

Name \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_

**Age & B/D**

**Event**  
*circle one*

**Shirt Size**

Youth S M L Adults: S, M, L, XL, XXL

5k run

FUN RUN

5k run

FUN RUN

5k run

FUN RUN

Phone: (\_\_\_\_) \_\_\_\_\_

Address, City \_\_\_\_\_

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

State, Zip Code \_\_\_\_\_

**Make all Checks Payable to H.E.A.L. (U.S. Funds Only)**

Please accept my entry in the 2017 Run like a Mother run/walk. I hereby state I have conditioned myself to participate in the event I have chosen. I, for myself, my executors, administrators and assignees, do hereby release and discharge the Run like a Mother, officials, sponsors, volunteers, Charter Township of Harrison, Eastside Racing Company, and the H.E.A.L. organization from damages or injuries occasioned by my participation in the Run like a Mother event. By signing my name below, I hereby certify that I have read all terms and conditions of this release and do intend to be legally bound thereby.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_