

29th Annual Homecoming Celebration

HOPE RUN-SWIM-WALK

Co-Sponsored by Macatawa Family Medicine and
Shoreline Orthopaedic & Sports Medicine Clinic, PLC



Hope College - Holland, Michigan
DeVos Fieldhouse West Entrance
Saturday, October 14, 2006

RUN

- 5,000 Meter Windmill Island Run (3.1 miles), Registration Required, 10:00 a.m.

SWIM

- 400 Meter (1/4 mile), Registration Required - 14 & under, 8:30 a.m. - 9:15 a.m.
- 800 Meter (1/2 mile), Registration Required - 15 & over, 9:15 a.m. - 10:30 a.m.
at Dow Health and Physical Education Center

WALK

- Prediction 3,200 Meter Walk (2 miles), 10:00 a.m.
Beginning at the DeVos Fieldhouse and then through the beautiful Buys Athletic Complex.
The 10 best predictions will win medals.

HEALTH FAIR

DeVos Fieldhouse Gymnasium, 8:30 a.m. - 10:30 a.m.

- Diet and Nutrition Information
- Calculation of Body Fat, Blood Pressure, Flexibility, Muscle Strength
- Stress Management Improvement Techniques
- Exercise Tips

Medals pro-rated by participants/event/age group
T-shirt to participants whose registration is received by October 6, 2006

DIRECTOR Dr. Glenn Van Wieren

REGISTRATION LOCATION DeVos Fieldhouse West Entrance
11th Street and Lincoln Avenue
Hope College Campus, Holland, Michigan

AWARDS T-shirt to participants whose registration is received by October 6, 2006
Hope students, faculty, staff must pay \$4.00 to receive a t-shirt
Medals pro-rated by participants/event/age group

AGE GROUPS

RUN	SWIM	WALK
Men-Women	Men-Women	10 Best
14 & under	8 & under	Prediction
15-19	9-10	Times Receive
20-29	11-12	Medals
30-39	13-14	
40-49	15-17	
50-59	18-21	
60-69	22-29	
70 & over	30-39	
	40-49	
	50-59	
	60 & over	

FEE \$8 per event
Registration fee waived for Hope College students
Hope students, faculty, staff must pay \$4.00 to receive a t-shirt

DEADLINES T-shirt to participants whose registration is received by October 6, 2006
Registration on day of event -- 8:00 a.m., DeVos Fieldhouse

FACILITY Dressing and showering in the DeVos Fieldhouse
Bring your own lock

AID Refreshments provided

MAIL ENTRIES TO Hope Run-Swim-Walk
Hope College, P.O. Box 9000, Holland Michigan 49422-9000
Make checks payable to Hope College Phone: (616) 395-7070

PRE-REGISTRATION

(Please Print)

Name _____ Male ___ Female ___

Address _____ Age _____

City _____ State _____ Zip _____ Phone _____

Shirt Size (for registrations received by Oct. 6 and
Hope students, faculty, staff who have paid \$4.00)

Circle One Adult - S M L XL

Date _____ Signature _____

Check events you will participate in (\$8 per event)

- 5,000 Meter Run 400 Meter Swim 800 Meter Swim
- 3,200 Meter Prediction Walk

LIABILITY WAIVER
NOTICE: TO PARTICIPATE IN THIS
EVENT, YOU MUST SIGN THIS WAIVER

I, _____
recognize that the Run, Bike, Swim, Walk
is a sporting event and that by participat-
ing in it I will expose myself to the
possibility of being injured. I agree that I
will assume the risk for any such injury,
and I further agree that I will not hold
any sponsor or organizer liable for any
personal injury, property damage, or loss
of property which I may suffer as a result
of my participating in the event, even if
my injury or loss is caused by a sponsor's
or organizer's negligence.
I have read the above paragraph
carefully, and understand that by signing
this waiver, I am waiving any right to sue
a sponsor or organizer of the event for
personal injury, property damage, or loss
of property. NOTE: Minors (with the
exception of Hope College students) must
have a parent or guardian's signature.

Signature _____

Date: _____