



TRI COUNTY CELIAC SUPPORT GROUP

# BEAT THE WHEAT 5K WALK & RUN

**Saturday, June 8, 2019**

**Registration/Check-in begins at 8:30am, run/walk at 9:30am**

\*\*\*Gluten free food samples will be served following event\*\*\*

**Entry Fee:** \$35 for Adults if pre-registered by May 24<sup>th</sup>, \$15 for Children under 10 **(includes a t-shirt)**  
\$40 for Adults \$15 for kids same day registration and does **not guaranteed a t-shirt.**

**Raffle: MUST BE PRESENT TO WIN. Winning tickets for baskets will be picked after the awards.**

**Location:** Hines Park – Nankin Mills Recreation Area, 33259 Edward N Hines Dr, Westland, MI 48185  
**(No dogs permitted at this event)**

**Awards for Runners:** Trophy to OVERALL MALE AND FEMALE and to OVERALL MASTER'S (65+) male and female. Medals to the TOP THREE places in each age group.

**Age Groups:** 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-70, 71+

**Registration:** Online registration is preferred and is available February 2019. If you want to form a team, it **MUST** be done online. Register a team or download more registration forms at [www.tccsg.net](http://www.tccsg.net)

**Make checks payable to TCCSG and Mail to:** PO Box 301 Northville, MI 48167-0301

Unable to attend, you can still give a donation by sending them to TCCSG.

**\*\* Please print clearly and use separate forms for each participant\*\***

(Single check for multiple entries is accepted)

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**5K Runner**\_\_\_ **Walker**\_\_\_ **Age**\_\_\_ **Sex: M**\_\_\_ **F**\_\_\_ **E-mail** \_\_\_\_\_

**Name of Participant:** \_\_\_\_\_

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

**Phone:** \_\_\_\_\_ **Kids T-shirt Size:** S M L XL **Adult T-shirt Size:** S M L XL XXL

**Registration Fee:** \_\_\_\_\_ **Additional Donation:** \_\_\_\_\_

All proceeds go to support the University of Chicago Medicine Celiac Disease Center, University of Michigan Celiac Disease Program and Tri-County Celiac Support Group for programming.

**How did you hear about us?**

Facebook\_\_\_ Newsletter\_\_\_ TCCSG Meeting\_\_\_ Other:\_\_\_\_\_

**DISCLAIMER:** I, the undersigned, agree to indemnify and hold harmless Hines Park and the Tri-County Celiac Support Group and authorized volunteers from and against all claims, damages, losses and expenses, including attorney fees, arising out of the permitted activity or event, if fees, arising out of, if such claims 1) is attributable to personal injury, bodily injury, disease or death, or injury to, or destruction of property, including the loss of use therefrom, and 2) is not caused by the negligent act, or omission, or willful misconduct of Hines Park, or their employees acting within the scope of their environment. Photographs will be taken throughout the Beat the Wheat 5k Run/Walk fundraiser. Attendance at this event is acknowledgment that your image may be used in future communications, social media, and/or our website. Should you wish to opt out of photographs, please alert the photographer. Tri-County Celiac Support Group does not assume liability for adverse reactions to foods consumed, or items one may come into contact with while eating at our Beat the Wheat fundraiser. There is also a possibility that manufacturers of the prepackaged food we provide could change the formulation at any time, without notice. Please read food labels before consumption. **An adult must accompany all children under the age of 12. A parent or legal guardian must sign if applicant is under 18 years of age.**

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Authorized Signature (must sign to participate) Any questions contact April and Maria at [tccsgceliacwalk@gmail.com](mailto:tccsgceliacwalk@gmail.com)