

**Benton Harbor-St. Joseph
YMCA Family Center**
3665 Hollywood Road
St. Joseph, Michigan 49085

2010

VENETIAN RIVER RUN AND FITNESS WALK

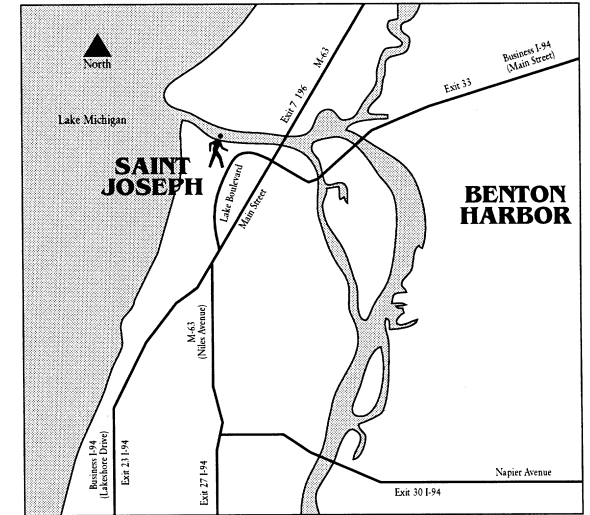


**Saturday, July 17, 2010
at 8:45 a.m.**

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Whitcomb Tower, Ship Street & Lake Blvd., St. Joseph

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Join in on the fun at the 2010

VENETIAN RIVER RUN AND FITNESS WALK

CHAMPIONCHIP TIMING FOR ALL PARTICIPANTS

Your age on race day
7/17/10

**5K Run & Walk (3.1 mi), 10K Run (6.2 mi)
Saturday, July 17 - Whitcomb Tower, Lake Blvd, St. Joseph, MI**

Check in and late registration: 7:00 to 8:15 a.m.

Start of 5K and 10K race and 5K walk: 8:45 a.m.

Take home overall winner awards in the running and walking events. Win medals if you are one of the top five runners in any category, or if you are one of the first ten walkers in the male and female categories. Run/walk the scenic course along beautiful Lake Michigan and the St. Joseph River. Attractive custom-design T-shirts will be distributed to all finishers in the 10K, 5K race, and 5K walk. Mile splits and aid stations will be on the route. Be sure to stay around after the race for your awards and refreshments.

**For more information call the YMCA at 269-428-YMCA (9622)
or visit and register on our web page at www.venetian.org**



\$14	\$20
8 & under	15-16
9-10	17-18
11-12	19-24
13-14	25-29
	30-34
	35-39
	40-44
	45-49
	50-54
	55-59
	60-64
	65+

Name _____
First Last

Male
 Female

Circle one: 5K Run

10K Run

5K Walk

Age
(Your age on
race day: 7/17/10)

Shirt size: Youth: L

Adult: S M L XL XXL

14 & under: \$14 After July 15: \$25

15 & older: \$20

Return forms & make checks to:

YMCA

3665 Hollywood Road

St. Joseph, Michigan 49085

(for official use only)



Waiver (Unsigned entries will not be accepted)

I know that running a road race is a potentially hazardous activity, I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event 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 knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Venetian Festival on the St. Joseph River, Inc. all race sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or travel to and from this event.

Signature:

(Parent's signature if under 18 years of age.)

Date:

In case of emergency, please notify:

Relationship:

Phone: