

SUSTAINABLE U!

SEE REVERSE FOR
REGISTRATION FORM



FROM COUCH TO QUIVER!

SUPPORT PINK ARROW! RUN THE QUIVER!

SET A GOAL - PICK A RACE AND SIGN UP, GRAB A FRIEND, **START TRAINING & RUN THE QUIVER SATURDAY, SEPTEMBER 10, 2011!**

HERE'S A HANDY 8 WEEK TRAINING SCHEDULE FOR THE 10K QUIVER!

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Stretch & Strengthen	2.5 m run	30 min cross	2 m run + strength	Rest	40 min cross	3 m run
2	Stretch & Strengthen	2.5 m run	30 min cross	2 m run + strength	Rest	40 min cross	3.5 m run
3	Stretch & Strengthen	2.5 m run	35 min cross	2 m run + strength	Rest	50 min cross	4 m run
4	Stretch & Strengthen	3 m run	35 min cross	2 m run + strength	Rest	50 min cross	4 m run
5	Stretch & Strengthen	3 m run	40 min cross	2 m run + strength	Rest	60 min cross	4.5 m run
6	Stretch & Strengthen	3 m run	40 min cross	2 m run + strength	Rest	60 min cross	5 m run
7	Stretch & Strengthen	3 m run	45 min cross	2 m run + strength	Rest	60 min cross	5.5 m run
8	Stretch & Strengthen	3 m run	30 min cross	2 m run	Rest	60 min cross	10 K RACE!

Source: www.halhigdon.com/10ktraining/10knoovice.htm
For a 5K Training Schedule visit: www.53riverbankrun.com

Please indicate below which race and shirt when registering:

- 10K Run** \$25 includes cotton t-shirt or \$40 for wicking shirt option
5K Run & Walk \$20 includes cotton t-shirt or \$35 for wicking shirt option
Kids Run Run FREE *After August 31, 2011, registration fee increases \$5 per event (except Kids Fun Run)*

Or sign up online at www.pinkarrowpride.org

SUSTAINABLE U!™



PINK **L** ARROW
PRIDE

Quiver

10K/5K RUN/WALK & KID'S FUN RUN

OFFICIAL REGISTRATION FORM

REGISTRATION

Mail registration and payment to: Pink Arrow Quiver 2011
9265 Bryndale Way
Ada, MI 49301

Large wheeled strollers, such as joggers and Burleys are welcomed, all other strollers are PROHIBITED.

Checks payable to - Lowell Area Schools / Pink Arrow Quiver

Last Name: _____

First Name: _____

Address: _____

DOB: _____ Gender: _____

Email: _____

Phone Number: _____

Emergency Contact: _____

Emergency Phone #: _____

Please circle your t-shirt selection:

Adult Cotton T-Shirt XS Small Medium Large X-Large XX-Large XXX-Large

Adult Wicking Shirt *Only \$15 Extra* Small Medium Large X-Large XX-Large

Youth Cotton T-Shirt Small Medium Large

Waiver:

I know that running/walking a road and trail race is a potential hazardous activity. I should not enter and run/walk unless I am medically able and properly assume all risks associated with running/walking in this event including, but not limited to falls, contact with other participants, the effects of the weather, including traffic and the conditions of the roads and trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act in my behalf, waive and release Pink Arrow Quiver Run/Walk, Pink Arrow Project, Lowell Area Schools, Wittenbach/Wege Center, Gilda's Club, Vergennes Township, and Lowell Community Wellness and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. By signing and paying to participate in this event, I agree to the waiver stated above.

Signature: _____