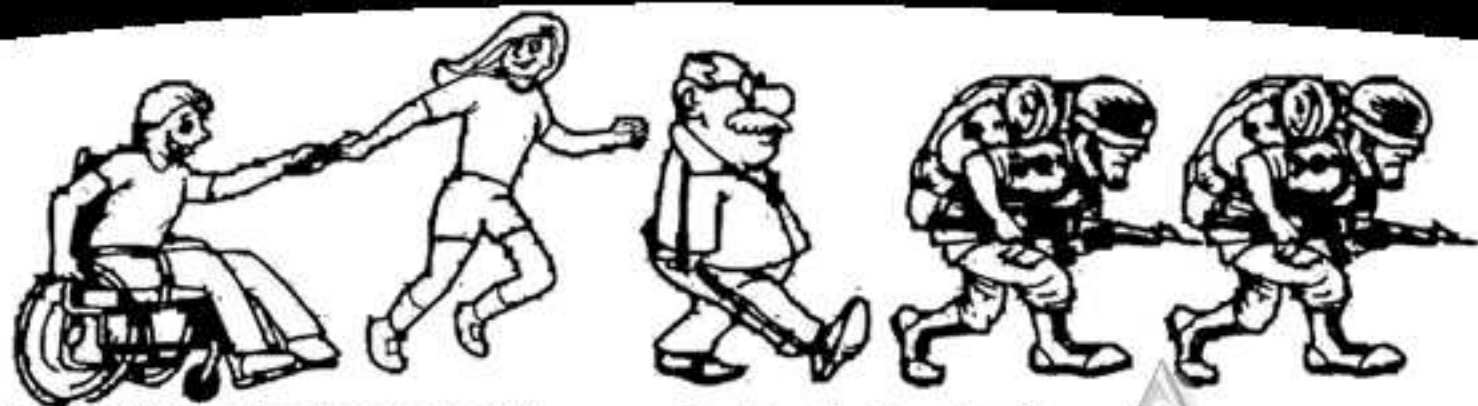


# TROT FOR THE TROOPS



**RACE BEGINS @ 10:30 AM  
MSU AUDITORIUM**

**PRE-REGISTRATION: \$15**

**DAY OF RACE: \$20**

**T-SHIRT INCLUDED**



**5K RUN/WALK  
APRIL 3, 2010**

# Trot for the Troops 5k

April 3, 2010 AT 10:30am

\$15 Registration

Formerly known as the POW/MIA Run, the purpose of this event is to help others honor those who have served our country, past and present. Please join the Lt Phillip Louis Bek Squadron of the Arnold Air Society in remembering those who have served, and are currently serving, our country. The 5K starts at the MSU auditorium and weaves through MSU's campus along the Red Cedar River and is relatively flat. A T-shirt will be included with the registration price. Proceeds will go to the Arnold Air Society, a community service organization affiliated with Air Force ROTC.

**First Name** \_\_\_\_\_

**Last Name** \_\_\_\_\_

**Birth Date** \_\_\_\_\_

**Gender** Male Female

**E-mail** \_\_\_\_\_

**Address**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Phone** \_\_\_\_\_

**T-Shirt Size** S M L XL

**Emergency Contact Name and Number**

\_\_\_\_\_

**Waiver and Release** By participating in the Trot for the Troops on April 04, 2009, I understand that such participation can lead to injury or death. I understand the physical demand of participating in running activities and the associated risk therein, and possible medical care, nevertheless, I choose to proceed. Additionally, I understand that there are risks associated with travel to and from the site but not limited to possible injury or loss of life. Despite these hazards, I wish to proceed and I freely accept and expressly assume all risks, dangers, and hazards that may arise from my participation which could result in personal injury, death or property damage to me. I have read this and understand that the Lt Philip Louis Bek Squadron will not be held liable for anything.

**Signature** \_\_\_\_\_

Mail to Lt. Phillip Louis Bek Sq, 104 Bessey Hall, Michigan State University  
Or; Turn in the day of the race