

**2017**

**Midway Shelter Run and Walk**

**A 5K Run and 1 Mile Walk Benefitting  
Alameda's Midway Shelter for homeless women  
and children.**

Free  $\frac{1}{2}$  mile run for children 11 years or younger

**Saturday, December 2, 2017, 9:00 AM**

Starts/Ends at the  
Harbor Bay Ferry Terminal - Bay Farm Island, Alameda, CA

Adults \$20, Youths (18 and under) \$15.

Registration fees are for pre-registration and race day registration.

First 100 persons registered get t-shirts.

Mail Checks payable to Island City Runners to:

Midway Shelter Run, c/o Island City Runners

PO Box 1493, Alameda, CA 94501

Sponsored by: Community of Harbor Bay, First Community Bank,  
Ed Jay Photography, MJS Solutions

For more information or to register [www.AlamedaRACE.com](http://www.AlamedaRACE.com)

Or contact Mark Hovermale at 510-523-2647, [MarkHovermale@comcast.net](mailto:MarkHovermale@comcast.net)

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Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

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

City \_\_\_\_\_: State: \_\_\_\_\_ ZIP: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_ Age(on race day): \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: M F

(circle one) Event: 5K Run 1 Mile Walk Shirt Size: S M L XL Club Affiliation: \_\_\_\_\_

In submitting this application, I agree to accept and abide by all the rules and regulations of this event. I further agree to release the Alameda Homeless Network, the City of Alameda, the Harbor Bay Business Park, G&S Management, WETA, and the Mayor's Committee for the Midway Shelter, its employees and all volunteer workers from any responsibility for loss, damage to injury to person or property from my/our participation in this event. I further agree that I am physically fit and sufficiently trained for this event. As part of this waiver, I acknowledge that I have read and understood all of the above.

\_\_\_\_\_  
Signature (of parent/guardian if runner is under 18 years) Date