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5K, 10K Jingle Bell Run or Walk

Register online at www.arthritis.org



It's as Easy as...

- 1. REGISTER TODAY!**
Register online or complete the attached registration form.
- 2. FORM a TEAM!**
Invite friends, family, neighbors and co-workers to join. You'll build camaraderie while raising money to fight arthritis.
- 3. RAISE FUNDS!**
You can raise funds online by creating a free personal website and emailing donors or collect check/cash donations and turn them in prior to the event. Every dollar you raise brings us one step closer to a cure.

Now on SATURDAY!

Dec. 5, 2009

Northville Downs Racetrack

Northville, MI

5K Timed Competitive Race

Saturday, Dec. 12, 2009

Covington School

Bloomfield Hills, MI

5K/10K Timed Competitive Race



Awards

Awards are given at each location separately

Top Finishers

Medals given to 14 age categories!

Costume Contest

Largest Team

Packet Pickup

Packets WILL NOT be mailed.

Northville 5K

New Balance • 37606 W. 12 Mile, Farmington
Friday 12/4/09 from 3pm-7pm

Bloomfield 5K/10K

GNC • 1361 Coolidge Hwy, Troy
Friday 12/11/09 from Noon-7pm

Event Day Schedule

Times apply to both days

8:00am	Race Day Registration
8:45am	Snowman Shuffle
9:00am	Start of 5/10K
10:00am	Post-event Bash with awards, prizes and chili lunch!

For more information:

Samantha Mertins 248.649.2891 x 232 or smertins@arthritis.org

ARTHRITIS
FOUNDATION®
Take Control. We Can Help.™
1050 Wilshire Dr. Ste 302
Troy, MI 48084-1564

ARTHRITIS
FOUNDATION®
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Come Jingle for a Cure!

Be There With Bells On!

Get in the spirit this holiday season at the Arthritis Foundation's Jingle Bell Run/Walk for Arthritis. Be one of the thousands of runners and walkers who hit the nation's pavement, pathways and parks this winter to fight the nation's number one cause of disability.

Jingle Bell Run/Walk is a fun and festive way to kick off your holidays by helping others! Wear a holiday themed costume, tie jingle bells to your shoelaces, run or walk with your team members and celebrate the season by giving.

Meet ten-year-old Sierra Daniels

At two, Sierra was diagnosed with Juvenile Rheumatoid Arthritis (JRA). Sierra uses a wheelchair to get around at school and home. Although she can stand and walk short distances, walking at all is exhausting and painful. Since stunted growth is a side effect of JRA, Sierra is exceptionally tiny for her age. She takes daily injections of growth hormone medications to aid growth stimulation. This past summer, she attended Camp Dakota, the Arthritis Foundation, Michigan Chapter's camp for children with arthritis. Because of you and others like you, we have been able to help Sierra, her parents and many others by providing information, resources, programs and referrals. With your support, we can continue to help the 10,300 children and 2.5 million adults in Michigan who live with this disabling disease.



Register online at www.arthritis.org

Registration Form

Send to: Arthritis Foundation • Michigan Chapter
1050 Wilshire Dr Ste 302 • Troy, MI 48084

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

Male Female Date of Birth _____

Team Name _____

Team Captain _____

Employer/School/Organization _____

Please check all that apply:
(NOTE: Prices for Day-Of registration are \$5 more)

Northville on 12/5/09 at 9am

5K Run \$25 5K Walk \$25

Snowman Shuffle (1/4 mile run for kids under 12) \$10

Bloomfield on 12/12/09 at 9am:

5K Run \$25 5K Walk \$25 10K Run \$25

Snowman Shuffle (1/4 mile run for kids under 12) \$10

I want to be a Team Captain. Please send more info.

I want to volunteer.

I have arthritis. Type: _____

I would like to donate to the Arthritis Foundation,
Michigan Chapter Juvenile Arthritis programs.

Amount: _____

T-Shirt Size S M L XL

Y-S Y-M Y-L

JBR Registration Price includes official cotton long sleeved JBR tee shirt.
Must pre-register by 11/20/09 to guarantee shirt.

Credit Card Visa MC Amex

Card Number: _____

Exp date: _____ Digital Security Code: _____

Name on Card: _____

Signature: _____

Or make checks payable to: The Arthritis Foundation, MI Chapter
WAIVER/RELEASE - SIGNATURE REQUIRED

I hereby certify the following: (1) I am physically fit and have medical clearance to participate in the Jingle Bell Run/Walk, (2): In consideration for my application to participate being accepted, I, on behalf of myself, my heirs and assigns, and my estate, hereby waive and forever discharge the cities of Bloomfield Township, Northville, Northville Township and Wayne County and hosting venues of Covington School and Northville Downs, as well as the event sponsors, organizers, affiliates, and their agents and employees for all claims that may accrue as the result of my participation and (3): I hereby grant the Arthritis Foundation permission to reproduce, publish, circulate, copyright, or otherwise use all photos and/or video of me and/or my family taken at the Jingle Bell Run/Walk.

Participant's Signature _____ Date _____

If under 18, Parent's or Guardian's signature required.

Raise Funds to Earn Prizes.

 \$100 FACTORY STORE \$25 Gift Card	 \$250	 \$350
 \$500	 \$1,000	 \$5000

Visit www.jbrprizes.org to see a full list of prizes.

Special Thanks to our Sponsors



More than 2.5 million adults and 10,300 children have arthritis in Michigan. The disease costs the Michigan economy over \$5.6 billion annually. The Arthritis Foundation needs your help! Register today and put a little jingle in your step. Use this fun and festive way to kick off your holidays and support the cause!