



5K RUN & WALK

JULY 18, 2026



STARTING TIME: The 5K Run/Walk will start at 9:00am.

LOCATION: Clio High School, 1 Mustang Dr, Clio, MI 48420

RACE INFO AND PRICING: Packet Pick-up July 17 4pm-6pm at Race Site. **RACE DAY SIGN UP at 7:30am.**
Register by July 6th to guarantee shirt/medal. Overall Male & Female Winners. Participation medals and age division awards. Race Fees will be \$5 more on Race Day.

	5k RUN or WALK	MARCH 1-JULY 17	RACE DAY
ECONOMY (no shirt/medal)	\$15	\$20	\$25
YOUTH 18 & UNDER	\$25	\$30	\$35
ALL INCLUSIVE	\$30	\$35	\$40

CHIP TIMED AWARDS: Awards will be given upon finish of race when results are tallied. First Place will be awarded.

AGE GROUPS: RUNNERS: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. WALKERS: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 & over

ONLINE REGISTRATION: runsignup.com

INFORMATION: THIS IS THE SECOND RACE IN THE CLIO CAN-DO RACE SERIES!
FOR MORE INFO VISIT: Clio Can-Do Facebook Page or Call Neil at 810-422-8845

MAKE CHECKS PAYABLE TO:
Youth Health and Fitness Race
Send Entry To:
PO Box 266, Clio, MI. 48420

CLIO CAN DO 5K RUN or WALK

Saturday, July 18, 2026 - 9:00AM

LAST NAME		FIRST NAME			SEX M F	
STREET ADDRESS		CITY/TOWN			APT	
STATE	ZIP CODE	PHONE NUMBER	DATE OF BIRTH	AGE	FEE ENCLOSED	

EMAIL : _____

EVENT :	<input type="checkbox"/> 5k Run/Walk All Inclusive	UNISEX SHIRT:	S, M, L, XL, 2X
	<input type="checkbox"/> 5k Run/Walk Economy		
	<input type="checkbox"/> CRIM TRAINING (no shirt, includes medal)	YOUTH SIZES:	YS, YM, YL

In consideration of my participation in this event, I for myself, my heirs, executors, and administrators, waive all rights and claims for damages I may have against the city of Clio, Vienna Township, GCRC, their agents, representatives, successors, and assignees for any and all injuries suffered by me at said event, or which may arise out of my traveling to, participating in, and returning from this event. I further state that I am in proper physical condition to compete in this event.

ATHLETE (OR PARENT, IF UNDER 18) MUST SIGN _____ DATE _____

