

KONA

Chocolate Run

November 19, 2017
Plymouth, MI

10K ♦ 5K ♦ Cocoa Mile

Registration & Expo at the Central Middle School

10K Time Qualifier: *Participants must run at "18 minutes or less pace per mile" to register for our 10K event*

10K Run - Start time at 7:30 am -

All participants receive a Full Zipper Jacket, Finisher Medal

5K Run/Walk - Start time at 9:00 am -

All participants receive a Full Zipper Embroidered Jacket, Finisher Medal

Cocoa Mile - Start time at 8:00 am -

All participants receive a Full Zipper Embroidered Jacket, Chip-Timed

Chocolate Double - participate in 10K & 5K; run in 1st Start Wave of 10K; receive Full Zipper Embroidered Jacket, 10K Medal & Double Finisher Medal; limited to 500

Entertainment & Party -

Music with DJ, Heated Tent with cups of Hot Chocolate & Chocolate Goodies, Guernsey Chocolate Milk



Register at:
KonaChocolateRun.com
NEW: All Participants receive their free Race Photos instantly via email after the event!



SAINT JOSEPH MERCY HEALTH SYSTEM



KONA RUNNING Co.



REGISTER ONLINE AT: KonaChocolateRun.com
EMAIL QUESTIONS TO: alan@KonaRunningCompany.com



MAIL-IN REGISTRATION: Checks made payable to: Kona Running Company
Complete form below & mail to: Kona Running Company, P.O. BOX 182462, Shelby Twp. MI, 48318

First Name _____ Last Name _____

(____) ____ - ____ _____

Phone _____ Email _____

Address _____

City _____ State _____ Zip _____

Circle Shirt Size: Adults - XXL* XL L M S XS

Sex _____ Race Day Age _____ *\$2.00 for XXL

Signature Required

10K Run

- \$53 (thru 9/21/17)
- \$56 (9/22 - 11/16)
- \$60 (11/18 - 11/19)

5K Run/Walk

- \$48 (thru 9/21/17)
- \$51 (9/22 - 11/16)
- \$55 (11/18 - 11/19)

Cocoa Mile

- \$34 (thru 9/21/17)
- \$37 (9/22 - 11/16)
- \$40 (11/18 - 11/19)

Chocolate Double

- \$72 (thru 9/21/17)
- \$75 (9/22 - 11/16)
- \$79 (11/18 - 11/19)

"By indicating your acceptance signature, by registering, you understand, agree, warrant and covenant as follows:

I hereby release and hold harmless on behalf of myself, my child, and/or representatives, the city of Plymouth, Kona Running Company Inc., the event Sponsors and organizers from liability for injuries or damages which I or my child may sustain while participating in this activity even if injuries are caused by the sole negligence of the City, Twp., or sponsors or the event organizers. I understand that I am responsible for medical coverage for me and my child."

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Post Race Chocolate Party: 2
Large Tents with 4 buffet lines.
Panera Bread providing cups of Hot
Chocolate and Chocolate Chip Cookies,
Sanders Chocolate Candy &
Guernsey Dairy serving Chocolate Milk
among other sweet treats!



presented by:



ST. MARY MERCY
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SAINT JOSEPH MERCY HEALTH SYSTEM



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