

BREAK A LEG 5K

SATURDAY, APRIL 29, 2023

REGISTRATION 8:00 AM | JJ'S EMBER ROOM, 119 W. FLETCHER ST.

RACE BEGINS 9:00 AM | GREAT LAKES MARITIME HERITAGE TRAIL

After a three year hiatus, our Break a Leg 5K is BACK with the help of the Dork Brothers! Join us on Saturday, April 29, 2023 for a 5K Run/Walk along the Great Lakes Maritime Heritage Trail. Dress up in your best theatrical garb or as your favorite theater character! All proceeds benefit Thunder Bay Theatre. Join us for light refreshments before and after the race at JJ's Ember Room (119 W. Fletcher St).

REGISTRATION

Registration can be mailed to TBT, PO Box 314, Alpena, MI 49707 or dropped off at the United Way Office, 108 Water St., Alpena, MI 49707. Form can also be filled digitally and emailed to thunderbaytheatreboard@gmail.com

NAME: _____

ADDRESS (STREET, CITY, ZIP): _____

PHONE: _____ **AGE:** _____ **EMAIL:** _____

ENTRY FEES BEFORE 4/14: \$10 adults, \$5 students

ENTRY FEES AFTER 4/14: \$15 adults, \$10 students

Make checks payable to Thunder Bay Theatre. You can also pay via credit card at thunderbaytheatre.com/breakaleg

T-SHIRTS TBT shirts will be available through True North Threads for \$20. Black cotton, short-sleeve shirts must be ordered by April 14, 2023. S M L XL XXL

AWARDS Awards will be given to the Top 5 Finishers, Best Costume- Adult, Best Costume- Kid. New this year is Last Finisher Overall and Worst Costume! Hey, we like to have fun.

WAIVER

I am a voluntary participant in this event, and in good physical condition. I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event. I hereby release and hold harmless the Dork Brothers Racing Team, Thunder Bay Theatre, and any affiliated individuals, any race sponsors and their employees or volunteers and all persons or entities associated with this event from any claims I may have arising out of my participation in this event, including personal injury, or damage suffered by me or others, whether same be caused by negligence of the Dork Brothers, its affiliates and affiliated individuals or any race sponsors including any said parties' agent or employees/volunteers or otherwise. If I do not follow all the rules and instructions of this event, I understand I may be removed from competition. I give permission to use any photos, videos or other recordings of me that are made during the course of this event.



SIGNATURE _____

DATE _____

GUARDIAN SIGNATURE (IF UNDER 18): _____