



**PRESENTS THE ANNUAL  
5K WALK, RUN, OR ROLL!**

**Thursday, September 18th, 2025**

Registration begins at 5:00 pm

Walk/Run/Roll begins at 6:00 pm

**Gregory's Steele Street Hall**

**115 Steele St. Ionia, MI 48846**

Cost to participate is a donation of non-perishable item to be donated to the local food bank. Complementary food at the end of the walk! Free T-shirt for everyone who registers by August 8, 2025

**rightdoor5k.com**

**REGISTRATION FORM**

_____ Last Name	_____ First Name	
_____ Address	_____ Telephone Number	
_____ City	_____ State	_____ Zip
_____ Email Address		
_____ Emergency Contact Name	_____ Emergency Contact Telephone Number	

Please select a shirt size: (circle one)

YOUTH   S   M

ADULT   S   M   L   XL   XXL   XXXL

RELEASE: (MUST BE SIGNED BY PARTICIPANT/GUARDIAN OR APPLICATION WILL BE REJECTED). In consideration of the foregoing, I, myself, my heirs, executors, administrators, personal representatives, successors, and assigns, waive and release any and all rights, claims and courses of action I have or may have against this event, its Primary Sponsor (The Right Door for Hope, Recovery and Wellness) and its affiliates, their agents, employees, officers, directors and successors, and assigns, the County, the City, and any and all sponsors, their representatives and successors, that may arise as a result of my participation in this event, and any pre- and post- event activities. I attest and verify that I am physically fit, have been medically cleared to participate, and have sufficiently trained for the completion of this event. I give my full permission to The Right Door for Hope, Recovery and Wellness to use any photographs, videotapes, or other recordings for any legitimate purpose including commercial advertising.

_____ Signature of Participant	_____ Signature of Guardian (if applicable)	_____ Date
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The Right Door for Hope, Recovery and Wellness is a CARF Accredited member of the Mid-State Health Network and the Ionia Chamber of Commerce. The Right Door for Hope, Recovery and Wellness is funded in part by the Michigan Department of Health and Human Services.