

# JULY 4<sup>th</sup>, 2009

## FIRECRACKER 5 K RACE

\*\*\*\*\* & 1 Mile Walk \*\*\*\*\*

### Al Quaal Recreation Park, Ishpeming, Michigan

**Start :** Registration on **Saturday:** from 7:45 a.m. to 8:30 a.m.. Race will start at 8:45a.m.  
Pre-entry ( by June 24) Day of Race

**The Fee:** 5K Race & 1 Mile Walk

UPRRC Members:	\$9.00	\$15.00
Non Members :	\$10.00	\$15.00

**The Course:** The Al Quaal Recreation area is located ½ mile north of the US 41 stop light in Ishpeming. Most of the race will be held on wooded ski trails, so wear appropriate footwear.  
For more information, call 906-486-8080

**The Classes:** **Women:** 9 & under, 10-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60+  
( Age Groups ) **Men:** 9 & under, 10-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60+

**To Pre Register:** Make checks payable to: **FIRECRACKER 5K RACE**  
**3555 Co Rd PPL**  
**Ishpeming, Michigan 49849**

**Awards:** 5K Run & I Mile Walk awards will be given to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place finishers in each age group. 20<sup>th</sup> anniversary T- shirts and a Goody table will be available to all participants.

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NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_  
GENDER \_\_\_\_\_ AGE \_\_\_\_\_ CLASS(age group) \_\_\_\_\_ DOB \_\_\_\_\_  
UPRRC MEMBER YES \_\_\_ NO \_\_\_ 5K RUN \_\_\_\_\_ 1 MILE WALK \_\_\_\_\_  
T-Shirt size \_\_\_\_\_ **THIS RELEASE MUST BE SIGNED:**

I verify that I have full knowledge of the risks involved in this event, and I am physically fit and trained to participate. I do hereby release any and all sponsors from any claims or liabilities which may be incurred as a result of my participation.

Participants Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_  
( for participants under 18 )