



32nd ANNUAL SUNDAY LAKE RUN/WALK

WHEN: Saturday, July 4, 2009. Event will start at 8:00am sharp, CST.

WHERE: Starts and finishes at the New pavilion by the Dam on beautiful Sunday Lake in Wakefield, MI.

DISTANCE: The flat, fast course is 2.8 miles around the lake.

AWARDS: T-shirt for all participants, medals for the overall and master's winners and medals for 1-3 in 13 age groups & walking with stroller

COST: Early registration; UPRRC members \$15, non-members \$17. Add \$3 on race day. Early registration must be received by 6/15/09 to be guaranteed a t-shirt. Race day registration at the New pavilion; 6:30-7:45am CST.

AGE GROUPS: 7 and under, 8-10, 11-13, 14-16, 17-19, 20-24, 25-31, 32-39, 40-44, 45-49, 50-59, 60-69, 70 and over

NAME _____ AGE _____

ADDRESS _____ GENDER: M F

CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS _____

UPRRC Member? YES NO Shirt size: S M L XL XXL XXXL

I hereby release sponsoring groups and other representatives, all officials, volunteers, involved with the Sunday Lake Run from any and all rights and claims for injuries or illness suffered by me in this event. I understand that participation in this event is strenuous and verify that I am physically fit to compete in this event.

Signature of participant

Signature of guardian if under 18

PLEASE make checks payable to: Sunday Lake Run and mail to Anneita at 5068 U S HWY 45 S Bruce Crossing, MI 49912. Any Questions you can email Clarence (fireoniceladies@yahoo.com) or call Anneita at 906-827-3644

Are you participating in the "RUN THE RANGE SERIES" ? YES NO
If Yes (See Mark Massoglia at specified table and check in with him)