

Festival IRONWOOD

Walk, Run & Roll

2 and 5 mile courses

WHERE?

Old Depot Park
Downtown Ironwood, Michigan
(follow Business U.S. 2)

WHEN?

Saturday, July 18, 2009
8:30 a.m. C.S.T.



Grand View
Health System



Grand View
Eye Center

Sanctioned by



Upper Peninsula Road Runners Club
PO Box 1023 • Marquette, MI 49855

COURSES: The 2 mile course is a Walk/Fun Run; the 5 mile course is a run. Wheelchair entrants are encouraged to enter.

Please, no rollerbladers or dogs. Both courses have some hills which makes for a good middle-of-the-summer workout.

FEES: \$12 advance registration (includes t-shirt); \$6 advance registration (does not include t-shirt). \$2 discount for UPRRC members and GVHS employees. Race day or late registration add \$2. Pre-registration deadline July 16, 2009.

CHECK IN: RACE DAY CHECK IN AND LATE REGISTRATION FROM 7 A.M. TO 8:15 A.M. (CST)

AWARDS: Trophies to top male and female 2 & 5 mile runners. Medals to top 2 finishers in each age category in 2 and 5 mile events. Fun awards also presented (youngest & oldest entries, etc.) All participants eligible for the many door prizes awarded after the race. Must be present to win door prizes.

REFRESHMENTS: Water at 2 and 3 miles. Water, juice and fruit at finish.

HEALTH FAIR: Grand View Health System will again be sponsoring a free Health Fair at the Depot after the race. Please join us for free blood pressure, blood sugar testing, family fitness information and much more.

RUN THE RANGE SERIES: The Festival Ironwood Walk, Run & Roll is the fifth and final event of the Run the Range Series. Remember to check the box below if you are participating in this series.

FESTIVAL IRONWOOD: For more information and a schedule of weekend events go to www.festivalironwood.com.

MAIL ENTRY FORMS AND FEES TO: Grand View Hospital
FESTIVAL IRONWOOD WALK/RUN/ROLL
N10561 Grand View Lane ~ Ironwood, Michigan 49938

Forms also available at www.gvhs.org

FESTIVAL IRONWOOD 2009 WALK, RUN & ROLL (please print)

NAME _____ AGE _____ SEX _____
(last) (first) (initial) (on race date)

ADDRESS _____
street _____
city _____ state _____ zip _____

Check here if UPRRC member Check here if GVHS employee
Check here if participating in "Run the Range Series"

Please read the following statement and sign below before submitting entry.

In consideration of acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release Grand View Health System and any and all sponsors and their representatives, successors and assigns from any and all rights and claims for damages I may have arising out of any injuries and illnesses suffered by me in this event, including those which may be attributable to weather conditions. I attest and verify I will participate in this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use my name and any photographs, videotapes, motion pictures, recording or any other record of me participating in this event for any publicity and/or promotional purposes, including posting on the internet, without obligation or liability to me. I have read the entry information and certify my compliance by my signature below. I also understand entry fees I pay are non-refundable.

Signature (Guardian's if entrant under 18 years) _____

AGE DIVISION

2 mile Walk/Fun Run	5 mile Run
7 & Under _____	14 & Under _____
8 - 9 _____	15 - 19 _____
10 - 11 _____	20 - 29 _____
12 - 14 _____	30 - 39 _____
15 - 19 _____	40 - 49 _____
20 - 29 _____	50 - 59 _____
30 - 39 _____	60 - 69 _____
40 - 49 _____	70 & Over _____
50 - 59 _____	Wheelchair _____
60 - 69 _____	
70 & Over _____	

T-Shirt Size: Adult ~ XXL (add \$1)
XL L M S
Child ~ 14-16 10-12 6-8