

8TH ANNUAL
ESCANABA LIGHTHOUSE 5K RUN/WALK
(400M KID'S DASH)
SATURDAY JULY 25, 2009

(All proceeds to benefit Escanaba Cross Country/Track Teams and Escanaba Softball and the Escanaba Lighthouse.)

Start Time: 9:00 a.m. Eastern

Start Finish Area: Ludington Park Band Shell, Escanaba, MI

Entry Fee: \$10.00 for U.P. Road Runner Club Members and Students; \$12.00 for Non-Members (if postmarked by July 18); \$15.00 all after 7/18; Kid's Dash – Free, \$10.00 for t-shirt

Race Day Registration/packet Pick-up: 7:30 a.m. – 8:45 a.m. Eastern Ludington Park Band shell

Awards (Following Race):

T-Shirts to all Participants
Trophies to Male/Female Overall Winners
Medals to Male/Female Age Group Winners (Top 3)
Kid's Dash – Ribbons all

Age Groups: 10 & Under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60- 69, 70 & Over

Split Times/Water Stations/ Refreshments: Split times at 1 and 2 mile marks; two water stations on course; Refreshments, etc. at Start/Finish Area

Make Check Payable to: Lighthouse Race

Mail to: Lighthouse Race
1615 Lake Shore Drive
Escanaba, MI 49829

Questions: Contact Mary Feuerbach at 906.280.0661 (Race Director)

(Please detach and mail this portion)

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Age on Race Day: _____ Gender (Circle One): M F 5k Run/ 5k Walk/ Kid's Dash
(Circle One)

UPRRC Member? (Circle One) Yes No

T-Shirt Size (Circle One): S M L XL

Please accept my entry in the Escanaba Lighthouse 5k Run/Walk (400m Kid's Dash). I understand that running is a very strenuous activity, and I verify that I am physically fit to participate in this run/walk. I hereby release any and all sponsoring groups, officials, workers, or volunteers involved with the Escanaba Lighthouse 5k Run/Walk (400m Kid's Dash) from any and all rights or claims for damages, illness or injuries suffered by me by participating in this run/walk. I also grant permission for the use of my name and any photographs, video or other record of my participation in this run/walk.

Signature (Of Parent/Guardian if Under 18)

Date