Directions to the Race:

- From the East: Take I-96 to M-104 exit. Go west to US-31. Take US-31 south approx. 4 miles to Ferris St. Turn right to Grand Haven High School.
- From the North or South: Take US-31 to Ferris St. Go west to Grand Haven High School.

OUR SPONSORS

The following businesses and individuals have helped finance this race in past years. Please patronize these sponsors and thank them for their support.

Advanced Molding Solutions Apparel Sales Company Shape Corporation Clarke Animal Hospital Gazelle Sports Grand Haven Bank Grand Haven Bank Grand Haven Tribune JSJ Corporation Kohley's Ecowater Langes Sports Meijer of Grand Haven Porto Bello Scholten & Fant, PC Shoreline Sport and Spine Dan & Wendy Thomas Grand Haven High School 17001 Ferris St Grand Haven, MI 49417 ATTN: Cross Country Team



At Grand Haven High School Sponsored by GRAND HAVEN CROSS COUNTRY TEAM Computer Chip Timing

THE RUN

5 K RACE & 5K WALK - 8:30 AM 1 MILE FUN RUN - 9:00 AM

THE COURSE

THE RACE BEGINS IN THE **GRAND HAVEN HIGH SCHOOL** PARKING LOT AND TOURS AROUND THE GROUNDS AND INTO A NEIGHBORING SUBDIVISION. THE COURSE IS 1.6 MILES PAVED ROAD/BIKE-PATH AND 1.5 MILES OF DIRT TRAILS.

RESULTS

THE RACE WILL, USE COMPUTER CHIP TECHNOLOGY. THE RESULTS WILL BE AVAILABLE IMMEDIATELY AFTER THE RACE. ALSO RESULTS WILL BE PUBLISHED IN THE

GRAND HAVEN TRIBUNE AND ONLINE AT

http://michianatiming.com/gh/

PACKET PICK-UP

WHERE: GRAND HAVEN HIGH SCHOOL, 17001 FERRIS. GRAND HAVEN WHEN: FRIDAY JULY 1, 6:00 PM-8:00 PM

AGE DIVISIONS

5 K MALE & FEMALE

(10 & UNDER) (11-13) (14-18) (19-24) (25-29) (30-34) (35-39) (40-44) (45-49) (50-54) (55-59) (60-69) (70 & OVER)

1 MILE FUN RUN: ALL AGES

FACILITIES

SHOWERS AND RESTROOMS WILL BE AVAILABLE AT GRAND HAVEN HIGH SCHOOL. REFRESHMENTS WILL ALSO BE AVAILABLE TO ALL RUNNERS AT THE FINISH.

Awards Ceremony The 5K awards ceremony will be held Immediately following the races.

Registration Information

REGISTER ONLINE AT

http://michianatiming.com/gh/

OR MAIL REGISTRATION TO:

 PATRIOTS DAY RUN,, C/O JOHN TARR 13650 148[™] AVE GRAND HAVEN, MICHIGAN 49417 (CHECK + ENTRY FORM)

• RACE DAY: UNTIL 8:00 AM

<u>Cost</u>

PRIOR TO JUNE 25, 2011
STUDENTS K-12: \$20

- ALL OTHERS: \$20
- IMMEDIATE FAMILY: \$60 UP TO 4, \$10 ADDITIONAL

AFTER JUNE 25 & RACE DAY REGISTRATION

- STUDENTS K-12: \$25
- ALL OTHERS: \$25

THERE IS NO GUARANTEE SHIRTS WILL BE AVAILABLE ON RACE DAY. REGISTRATION CLOSES 8:00 AM ON JULY 2ND.

1-MILE FUN RUN

ALL PARTICIPANTS: FREE OR \$15 W/T-SHIRT

PLEASE MAKE CHECKS PAYABLE TO: GRAND HAVEN CROSS COUNTRY PROGRAM

THE ENTRY FEE IS NON-REFUNDABLE AND MUST BE ENCLOSED WITH THE ENTRY. ALL ENTRIES MUST BE POSTMARKED ON OR BEFORE JUNE 25, 2011 TO BE CONSIDERED EARLY REGISTRATION.



REGISTRATION FORM

(Early registration due by June 25, 2011)

5K RUN ____ 5K WALK____ FUN RUN____

FIRST NAME	M.I	
LAST NAME		
STREET ADDRESS		
Сітү		
STATE	ZIP	
EMAIL ADDRESS		
PHONE # (INCLUDE AREA CODE PLEASE)		

		S / M / Lg / XI
Age	Gender	T-Shirt Size

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and humidity, traffic, and the conditions of the road and trial. I understand and appreciate all such risks this race may entail. Having read this waiver, I release GHHS Cross Country Program, GH Area Public Schools and all other sponsors, timers, volunteers, officials, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission of all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Entrant's	Signature	
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Date

Under 18, Parent's/Guardian's Signature

IN CASE OF EMERGEN	ICY, PLEASE NOTIFY
Phone #	Relationship