



Manistee Firecracker 5K

5K Run/Walk & 1K Fun Run

Saturday, July 7th, 2012

Start times:

8:00 a.m. - 1K fun run
8:15 a.m. - 5K run/walk

Place:

Manistee High School
525 12th St. Manistee,
MI

Entry Fees:

5K - \$20 by June 29th
1K fun run - \$10
Race Day Registration
5K - \$25 / 1K - \$15

Course:

The rolling 5K course enjoys a scenic loop through some of our neighborhoods and a view of the beach, all starting and finishing at Manistee High School.

Packet Pick-up and Race

Day Registration:
6:45 to 7:30 a.m.

Awards:

Awards Ceremony will take place immediately following the 5K race.

Categories:

- Overall First Place 5K Male and Female in the run/walk
- Overall Male and Female Masters (40+) division in run/walk
- Top 3 Male & Female in each age group get awards
- Fun Run awards to top 5 boys and girls finishers 12 and under
- All fun runners get a medal!

Age Divisions:

15 age group categories for men & women in the 5K run/walk: 10-under, 11-13, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+ up

T-Shirts:

All entrants receive a 100% cotton specially designed T-shirt. Sizes are NOT guaranteed to late registrants. Shirts can be picked up the day of the race at the packet pick-up.

Donations:

Proceeds from the race support the Manistee Area Public and MCC HS track and cross-country teams. If you would like to pledge an additional amount above your entry fee, it would be greatly appreciated and can be tax deductible.

Online Information:

runmanistee.blogspot.com

Register on-line at michianatiming.com or send entry form with check payable to:
Firecracker 5K Run c/o Manistee Area Public Schools, 525 12th St. Manistee, MI, 49660

Name: _____ Gender: M / F Age (on July 7) _____

Address: _____ City: _____ State: _____ Zip: _____

Phone Number _____ e-mail _____

Event: 1K Fun Run 5K Run / Walk
(\$10)* (\$20)* *Add \$5 after June 29th

T-Shirt Size: S M L XL XXL (add \$2) Youth S Youth M Youth L

Additional Donation Amount _____ Total enclosed _____

Release form: I know that running a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I understand that traffic will be controlled but I am ultimately responsible for my own safety. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Manistee Area Public Schools, National Forest Festival officials, volunteers, all city, county, and state governments, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature Date Parent's Signature if entrant is under 18 yrs.
(this form may be duplicated)