

LAKE CITY ATHLETIC BOOSTERS * JULY 4TH

* **10K & 5K Run*5K Walk*Fun Run**

GREATEST FOURTH IN THE NORTH

RACE	DISTANCE	START TIME	EARLY ENTRY FEE before 06-30-2012	ENTRY FEE Day of Race 7-4-2012
2K	1.24 miles	7:30 a.m.	\$3	\$3
5K Walk	3.1 miles	8:00 a.m.	\$20	\$25
5K	3.1 miles	8:15 a.m.	\$20	\$25
10K	6.2 miles	7:45 a.m.	\$20	\$25

COURSE A fast, basically flat course with gentle hills through scenic woodlands and along beautiful Lake Missaukee

REGISTRATION Registration will take place at the City Park in downtown Lake City from 6:30 a.m. until race time on July 4th. Download the registration form at www.lakecityschools.net/race. 10K and 5K participants receive t-shirts. Pre-race pickup will be July 3rd at City Park from 6 to 8 p.m. Timing by Everal Race Mgt. using the D-Tag (disposable chip) TAG MUST BE WORN TO BE SCORED. Register on-line at www.active.com

AWARDS Trophies will be awarded to the overall male/female 5K and 10K and 5K walk finishers. First, second and third place medals to male/female 5K, 10K and 5K walk finishers of all age groups. Shirts will be given to the first 500 participants. Fun Run – no shirts.

RESULTS Full results will be posted following the race at the City Building Garage, and online at www.runmichigan.com or at www.lakecityschools.net/race. Awards will be presented after the race. Awards must be picked up the day of the race at awards presentation.

REFRESHMENTS Refreshments will be provided after the race courtesy of several area merchants

AGE GROUPS Age groups are for both men and women and for all competitive events:

10 and under	20-24	35-39	50-54	65-69
11-15	25-29	40-44	55-59	70 and up
16-19	30-34	45-49	60-65	



*******SEND EARLY REGISTRATION FORMS AND FEES TO LAKE CITY ATHLETIC BOOSTERS, 1796 BARBARA DRIVE, LAKE CITY, MI 49651 - \$20.00 BEFORE JUNE 30; \$25.00 DAY OF RACE**

Name: _____ **Sex:** M F **Age on race day:** _____

Address: _____ **City/State/Zip:** _____

E-mail address:

Race: _____ **10K run** _____ **5K run**
 _____ **2K fun run** _____ **5K Walk**

Shirt Size: Small Medium Large X-Large

I hereby release the Lake City Athletic Boosters, the Lake City Chamber of Commerce, race coordinators, race personnel, and race sponsors of all liabilities due to injury or damage incurred traveling to, during or traveling from this event.

Runner's signature

Parent/Guardian signature (if runner is not yet 18)