

**GREATEST FOURTH IN THE NORTH**

RACE	DISTANCE	START TIME	EARLY ENTRY FEE before 06-30-2015	ENTRY FEE Day of Race 7-4-2015
2K	1.24 miles	7:30 a.m.	\$3	\$3
5K Walk	3.1 miles	8:00 a.m.	\$25	\$30
5K	3.1 miles	7:50 a.m.	\$25	\$30
10K	6.2 miles	7:45 a.m.	\$25	\$30

- COURSE** A fast, basically flat course with gentle hills through scenic woodlands and along beautiful Lake Missaukee. Walkers please stay to the right of road to let runner by.
- REGISTRATION** Registration will take place at the City Park in downtown Lake City from 6:30 a.m. until race time on July 4<sup>th</sup>. 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 B-Tag (disposable chip) TAG MUST BE WORN TO BE SCORED. Register on-line at [www.chronotrack.com](http://www.chronotrack.com), [www.lakecity.com](http://www.lakecity.com) or [www.everalracemgt.com](http://www.everalracemgt.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](http://www.runmichigan.com), [www.everalracemgt.com](http://www.everalracemgt.com). 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 | 60-64 |           |
- This event endorsed by*

MICHIGAN FITNESS  
FOUNDATION  
[www.michiganfitness.org](http://www.michiganfitness.org)
- \*\*\*\*\*SEND EARLY REGISTRATION FORMS AND FEES TO LAKE CITY ATHLETIC BOOSTERS,  
P.O. BOX 78, LAKE CITY, MI 49651 - \$25.00 BEFORE JUNE 30; \$30.00 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)