

Run Clark Lake

our 41st year

SATURDAY, AUGUST 6, 2016



*Welcome to the
41st year of running
at beautiful Clark Lake*

All proceeds from this event will be used for the continued progress and maintenance of the Thomas R. Collins Memorial Spirit Trail.

Schedule of Events

FRIDAY, AUGUST 5

6-8 p.m. Packet pick-up and pre-registration

SATURDAY, AUGUST 6

7-8:15 a.m. Race day registration and packet pick-up
8:30 a.m. 12K Run START
8:35 a.m. 5K Run START
8:36 a.m. 5K Walk START
9:50 a.m. 3/4K Kids Run START
10 a.m. Award Ceremony

All events at the Beach Bar
3509 Ocean Beach Road - Clark Lake 49234

Registration and Results

Run Clark Lake information, results, online registration, printable entry forms and records can be found on the web site www.runjackson.org and www.runsignup.com/clarklake

Online registration at

www.runsignup.com/clarklake
through August 3.

Additional result site: runmichigan.com

Mailed registration must be postmarked on or before July 27.
Do not mail entries after this time.

Checks payable to:

Clark Lake Spirit
702 Hague Avenue, Jackson, MI 49203.
Entry fee is non-refundable and non-transferable.

Age Groups and Awards

12K: 17 & under, 18-24, 25-29, 30-34, 35-39, 40-44, and every 5 year age group beyond.

5K Run: 13 & under, 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, and every 5 year age group beyond.

5K Walk: 19 & under, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-70, 70-80, 80 & over.

3/4K Kids Fun Run: 11 & under. NOTE: Kids Fun Run starting line is in front of the Beach Bar. Awards at the finish line to all participants.

5K Run/Walk and 12K Run Awards to overall male and female in Open and Masters Divisions. Awards to top three in each age group. Special awards in 5K Run to top ten finishers in male and female 14-17 division.

Come join us in an Olympic celebration.

Our 41st year is the same day as the opening of the 31st Olympic games in Rio. All runners want to run their best in an Olympic year. Run your best at Clark Lake 2016. An event that promises to deliver excitement and memories.

Cash Awards

5K and 12K cash awards - no cash awards to those 18 and under or with remaining college eligibility.
NO EXCEPTIONS.

Overall male and female:

1st - \$100 2nd - \$75 3rd - \$50

Master male and female:

1st - \$75 2nd - \$50 3rd - \$25

Additional Cash Awards

Open male and female course record..... \$100
Master male and female course record... \$50
Any age group record \$40

The overall winners of the 12K Classic will have their names added to the David Hinz perpetual plaque - with all the past event winners.

Additional Information

Race Director: Pat Dwyer 517-782-6106
sixthdwyer@comcast.net

**NO DOGS OR PETS ALLOWED ON SITE.
NO STROLLERS OR BABY JOGGERS.**



Entry Form

One entry for each applicant. Please print.

Entry may be photocopied.

DO NOT MAIL AFTER 7-28-16

Name: _____

Street: _____

City: _____

State: _____ Zip: _____

Phone: _____

E-mail: _____

Age on 8-1-15: _____ Gender: ☐ M ☐ F

I am eligible for cash awards ☐ Yes ☐ No

T-Shirt Size: **Youth:** 2-4, 6-8 10-12

T-Shirt Size: **Adult:** S M L XL XXL (Add \$3)

Check Event

☐ **5K Run** ☐ **5K Walk** ☐ **12K Run**

Before 7-28-16 with shirt \$25.00 _____

Before 7-28-16 without shirt \$20.00 _____

Late registration with shirt \$30.00 _____

Late registration without shirt \$25.00 _____

Day of registration with shirt \$35.00 _____

Day of registration without shirt \$30.00 _____

☐ **3/4K Kids Fun Run**

Before 7-28-16 with shirt \$12.00 _____

Before 7-28-16 without shirt \$ 7.00 _____

After 7-28-16 with shirt \$14.00 _____

After 7-28-16 without shirt \$ 9.00 _____

XXL Shirt Add \$ 3.00 _____

Donation to Spirit Trail _____

Total Due _____

Checks payable and mail to: **Clark Lake Spirit**

702 Hague Avenue, Jackson, MI 49203

Waiver: In consideration of the acceptance of my entry, I for myself, my executors, administrators and assigned do hereby release and discharge the Run Clark Lake runs, Ortho Rehab Run/Walk series, the race committee, its agents, affiliates, representatives, and any and all other sponsors jointly and severally, for any and all claims of injuries or damages incurred by me as a result of or in connection with this event. I attest and verify that I have full knowledge of the risks involved in the event and I am physically fit and trained to participate in this event.

Signature _____ Date _____

(Parent if participant is under 18)

12K Male Age Group Records-1993-2015

17 & under	M	David Brent	40:18.5	5:25	2005
18-24	M	Nathan Martin	36:16.6	4:52	2014
25-29	M	Nathan Martin*	36:11.6	4:52	2006
30-34	M	Guy Murray	38:11.4	5:07	2001
35-39	M	Paul Aufdemberge	36:40.4	4:55	2004
40-44	M	Paul Aufdemberge	37:52.6	5:05	2005
45-49	M	Paul Aufdemberge	39:38.8	5:19	2010
50-54	M	Paul Aufdemberge	43:21.8	5:49	2015
55-59	M	Doug Kurtis	44:19.8	5:57	2007
60-64	M	James Carlton	46:14.4	6:12	2004
65-69	M	James Carlton	50:58.1	6:50	2009
70-74	M	James Beall	54:17.7	7:17	2000
75-79	M	James Forshee	1:03.02.3	8:27	2003
80-84	M	Dale Lundberg	1:06.02.0	8:52	2009
85-89	M	Paul Hansen	1:22.26.7	11:04	2006

12K Female Age Group Records-1993-2015

17 & under	F	Simone Scheele	48:16.2	6:28	2003
18-24	F	Sarah Hinkley	42:57.0	5:46	2007
25-29	F	Andrea Pomaranski*	42:55.8	5:46	2010
30-34	F	Ann Boyd	44:37.1	5:59	1998
35-39	F	Ann Flynn	44:14.6	5:56	2000
40-44	F	Cindy Keeler	45:46.4	6:08	2001
45-49	F	Laurel Park	45:05.7	6:03	2009
50-54	F	Brenda Lynch	48:53.2	6:34	2000
55-59	F	Donna Olson	54:43.7	7:13	2005
60-64	F	Donna Olson	55:19.2	7:25	2010
65-69	F	Ellen Nitz	1:03.06.0	8:28	2005
70-74	F	Janet Delucia	1:21.49.0	10:57	2013

5K Male Age Group Records

0-13	M	Brian Karazim	18:03.2	5:49	2002
14-17	M	Jesse Hersha	15:25.6	4:58	2014
18-24	M	Josh McAlary*	14:43.9	4:44	2011
25-29	M	Bill Raitter	15:27.7	4:57	1996
30-34	M	Ed Altweiss	15:08.2	4:52	1997
35-39	M	Joshua Maurer	15:55.5	5:08	2012
40-44	M	Mark Olson	16:17.6	5:14	1999
45-49	M	Dan Dixon	16:37.1	5:21	2010
50-54	M	Dan Dixon	16:50.0	5:26	2014
55-59	M	Mike McGlynn	18:23.1	5:55	2005
60-64	M	Mike McGlynn	20:04.1	6:28	2011
65-69	M	Ron Carpenter	22:34.5	7:16	2015
70-74	M	John Paton	26:12.8	8:26	1998
75-79	M	Robert Freleigh	28:54.1	9:18	1998
80-84	M	Robert Freleigh	30:57.7	9:58	2001

5K Female Age Group Records

0-13	F	Ameilia Bannister	18:44.3	6:02	2004
14-17	F	Meggan Freeland	18:15.8	5:53	2008
18-24	F	Rachel McFarlane*	16:31.4	5:20	2014
25-29	F	Seana Larson	17:31.7	5:38	1998
30-34	F	Jill Ortmann	19:03.1	6:08	1995
35-39	F	Karen Majerowski	19:36.8	6:19	1998
40-44	F	Sarah Root-Raitter	17:59.6	5:48	2013
45-49	F	Chris Vincent	20:09.4	6:30	2012
50-54	F	Laurel Park	19:09.1	6:11	2013
55-59	F	Joan Matheus	21:50.6	7:03	2014
60-64	F	Donna Olson	22:46.4	7:21	2012
65-69	F	Donna Olson	23:36.6	7:36	2015
70-74	F	Patricia Holmes	34:32.6	11:07	2015
75-79	F	Dee Crowe	47:49.0	15:25	2013

***Course Record**



12K Classic



5K Challenge



5K Community Walk 3/4K Kids Fun Run

Event Sponsors



Anderson Distributing • Art Moehn Chevrolet • Orthopaedic Rehab Specialists • Tri County Water