

# Run Clark Lake

*our 44th year*

## SATURDAY, AUGUST 3, 2019

*You are invited to the  
44th year of running  
at beautiful Clark Lake.*

One of Michigan's premier summer events. You will enjoy our post-race party and awards ceremony on the Beach Bar patio.

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 2**

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

#### **SATURDAY, AUGUST 3**

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*

#### **ONLINE REGISTRATIONS**

Online registration is open through 11:59 p.m., August 2 at [https://runsignup.com/Race/MI/ClarkLake/Clark Lake](https://runsignup.com/Race/MI/ClarkLake/Clark%20Lake) or go to <https://www.orsmi.com/running/>

Results can be found at <https://www.orsmi.com/runresults/>

#### **MAILED REGISTRATIONS**

Mailed registration must be postmarked on or before July 25. Do not mail entries after this time.

#### **PAYMENT**

**Checks should be made 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.

**Run Clark Lake** is part of the  
**Orthopaedic Rehab Specialists**  
2019 RUN SERIES  
 **Orthopaedic  
Rehab  
Specialists, P.C.**

#### **UPCOMING ORS RUNS**

Sept. 15 Heart of a Lion 5K R/W

Oct. 5 FamilyServices

Nov. 28 Jackson YMCA Turkey Trot

**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.

### *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.....\$125  
Master male and female course record.....\$75  
Any age group record ..... \$50

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](mailto:sixthdwyer@comcast.net)

**NO DOGS OR PETS ALLOWED ON SITE.**





# Entry Form

ONE ENTRY FOR EACH APPLICANT. PLEASE PRINT.

ENTRY MAY BE PHOTOCOPIED.

DO NOT MAIL AFTER 7-25-19

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Age on 8-3-19: \_\_\_\_\_ 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 7-25-19 with shirt \$25.00 \_\_\_\_\_

Before 7-25-19 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 7-25-19 with shirt \$13.00 \_\_\_\_\_

Before 7-25-19 without shirt \$ 8.00 \_\_\_\_\_

After 7-25-19 with shirt \$15.00 \_\_\_\_\_

After 7-25-19 without shirt \$10.00 \_\_\_\_\_

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

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	Nicholas Kirui*	35:50.7	4:48	2017
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

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	Donna Olson	1:00:48.8	8:09	2016
70-74	F	Linda Scorof	1:18:18.0	10:30	2017
75-79	F	Janet Delucia	1:29:00.3	11:56.2	2017

## 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	Eric Lagut*	14:43.4	4:44.3	2017
30-34	M	Ed Altweiss	15:08.2	4:52	1997
35-39	M	Julius Kiptoo	14:45.7	4:45.1	2017
40-44	M	Mark Olson	16:17.6	5:14	1999
45-49	M	Dan Dixon	16:37.1	5:21	2016
50-54	M	Dan Dixon	16:56.1	5:47	2014
55-59	M	Brian Olsen	17:25.6	5:36	2016
60-64	M	Paul Bapst Jr.	19:54.2	6:25	2016
65-69	M	Mike McGlynn	21:50.0	7:03	2018
70-74	M	Bruce Andrews	22:56.0	7:24	2018
75-79	M	Bill Keller	26:49.5	8:39	2016
80-84	M	Robert Freligh	30:57.7	9:58	2001
85-89	M	Everett Luoma	39:04.9	12:36	2016

## 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	Melissa Mantel	19:31.9	6:18	2016
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	Patricia Holmes	40:54.4	13:12	2018

\*Course Record

## Event Sponsors



12K Classic



5K Challenge



5K Community Walk



3/4K Kids Fun Run



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