



## Race Information

**Saturday, May 18, 2019**

**Registration:** 7:00 to 8:15 a.m.

**Race Times:** 8:30 a.m., 5K Run and 5K Walk

### Cost and Registration Dates

Sprinter (\$25).....by March 31

Middle of the Pack (\$30).....April 1 to 30

Last Dash (\$35).....May 1 to 16

Back of the Pack (\$40).....May 17 and 18

### Register Early

Register now and receive the following benefits:

- Advance pick up of race day packet which includes your bib number and chip
- Avoid long wait times and lines on race day
- Guaranteed long-sleeve commemorative 15 year event t-shirt (*if registered by April 30*)
- The sooner you register the lower the cost

### Three easy ways to register!

1. Register online at [www.lorysplace.org/rwr](http://www.lorysplace.org/rwr) before midnight on May 16
2. Mail registration form with payment to Lory's Place, 445 Upton Drive, St. Joseph, MI 49085
3. Drop off registration form with payment at Lory's Place

### Course Description

All events begin and end at Lory's Place. Begin your day with a beautiful view alongside the marina on the river, past the shoreline of Lake Michigan, and down the historical brick streets of Ridgeway.

### Packet Pick Up Information

Participants who pre-registered can pick up their race packets on Friday, May 17, from noon to 6:00 p.m. at Lory's Place, 445 Upton Drive, St. Joseph.

### Parking

Use the Whirlpool Tech Center parking lot located south of Momany Drive on Upton Drive

### Rocking Chair Raffle

Paid race registration received by May 16 will include one entry into the rocking chair raffle.



## “Champions for Children” Challenge

Students, teachers, staff, and administrators are invited to represent their school in either the 5K walk or run! The school that has the most participants will receive the “Champions for Children” traveling trophy. *You must indicate the school and/or grade you're representing on the registration form to count towards this participation award.*

For more information call **(269) 983-2707** or visit [www.lorysplace.org](http://www.lorysplace.org)

## Event Pre-Registration Form (please print, and complete all blanks, one participant per form)

This is a charitable event. Entry fees are non-refundable. Please make checks payable to Lory's Place.

**Circle an Event:** 5K Run      5K Walk

**Gender:** Female \_\_\_\_\_ Male \_\_\_\_\_

**Age:** \_\_\_\_\_

**First/Last Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

### Long-Sleeve T-Shirt Size (circle one)

YL      Small      Medium      Large      X-Large      2X-Large (additional \$2 fee)      no shirt (deduct \$5 fee)

**School Attending:** \_\_\_\_\_ ☐ Elementary ☐ Middle ☐ High ☐ College

**Families or groups of four or more, receive \$5 off each registration until May 16.**

**Team name:** \_\_\_\_\_

### 5K Run/Walk Race Fees:

	\$Total
Sprinter - If registered by <b>March 31</b> .....	\$25 \$ _____
Middle of the Pack - If registered from <b>April 1 to 30</b> .....	\$30 \$ _____
Last Dash - If registered from <b>May 1 to 16</b> ( <i>not guaranteed a shirt</i> ).....	\$35 \$ _____
Back of the Pack - If registered on <b>May 17 or 18</b> ( <i>not guaranteed a shirt</i> ).....	\$40 \$ _____
Additional \$2 fee for each XXL T-shirt .....	+\$2 \$ _____
Deduct \$5 from registration fee if you choose not receive a shirt .....	-\$5 \$ _____

### Total Registration Cost

\$ \_\_\_\_\_

In consideration for acceptance of this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the event director, RunSignup.com, its agents assisting with the event, sponsors, sponsor's representatives and employees, Lory's Place employees, management, Hospice at Home, Inc. dba Caring Circle, the City of St. Joseph, Spectrum Health Lakeland and all its affiliates, The Whirlpool Corporation and their representatives, successors, and assigns for any and all injuries or illness which may result directly or indirectly from my participation in the Run, Walk, Rock event and related activities. This release includes any and all injuries or damages suffered by me before, during or after the event. I further state that I am in proper physical condition to participate in this event. I authorize Lory's Place, Hospice at Home, Inc. and/or Spectrum Health Lakeland to use any photographs, personal narratives, interviews, audio and/or video recording of my participation in any Lory's Place, Hospice at Home, Inc. dba Caring Circle and/or Spectrum Health Lakeland event for any and all purposes.

I certify as a material condition to me being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. By submitting this entry, I acknowledge (or a parent or adult guardian acknowledges for all children under 18 years) having read and agree to the above waiver.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_