



Alex's

duck duck run

racing to cure childhood cancer

JUNE 19, 2021

Margaret Upton Arboretum, St. Joseph, MI

ENTRY FEES

5K Run/Walk Pre-Registration \$25

On or before May 31

5K Flock (sign-up 4 runners/walkers) \$80

On or before May 31

5K Run/Walk Late Registration \$30

June 1 - June 18

1K Kids' Fun Run Pre-Registration \$15

On or before May 31

1K Kids' Fun Run Late Registration \$30

June 1 - June 18

Duck Duck Supporter (t-shirt only) \$20

On or before May 31

Make Checks Payable to: The Alex Mandarin Foundation

WAYS TO SIGN-UP

- **In Person:** Connected Soles, 1501 Niles Ave., St. Joseph, MI
- **Mail:** The Alex Mandarin Foundation
3158 Estates Pl N., St. Joseph, MI 49085
- **Online:** thealexmandarinofoundation.org
- **At Packet Pick-Up:** June 18 from 4 - 6:30 p.m.
United Federal Credit Union, 2819 S. State St., St. Joseph, MI
- **You must sign-up before race day. There will be no day of registration**

Presented By:

United
FEDERAL CREDIT UNION

5K RUN/WALK

9 - 9:30 a.m.

Participants will race along Silver Beach, Lions Park Beach, Howard Recreational Trail and then through the Whirlpool Compass Fountain. Runners and walkers will be chip timed using the Bib Tag System. Awards will be given to the top 2 female and male finishers in each age group.

5K START TIMES BY LAST NAMES:

A - F	9:00 a.m.	G - L	9:10 a.m.
M - S	9:20 a.m.	T - Z	9:30 a.m.

1K FUN RUN

8:15 - 8:40 a.m.

Children will follow a safe 0.62 mile route along a paved sidewalk. Parents are encouraged to run with younger children. All participants receive a race bib, award and t-shirt. Recommended for ages 11 and younger.

1K START TIMES BY LAST NAMES:

A - F	8:15 a.m.	G - L	8:23 a.m.
M - S	8:30 a.m.	T - Z	8:40 a.m.

Proceeds Benefit:



The Alex Mandarin Foundation is a 501(c)3 tax exempt public charity.

SELECT AN EVENT: ☐ 5K Run/Walk 9 - 9:30 a.m.
☐ 1K Kids' Fun Run 8:15 - 8:40 a.m.
☐ Duck Duck Supporter (t-shirt only)

T-SHIRT SIZE: A short sleeve tee is guaranteed to all who register by June 1

Adult: S ☐ M ☐ L ☐ XL ☐ 2XL (+\$1) ☐ 3XL (+\$2) ☐

Women: XS ☐ S ☐ M ☐ L ☐

Youth: XS ☐ S ☐ M ☐ L ☐ XL ☐

No Shirt: ☐

First Name: _____

Last Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

Phone: (_____) _____

Age (on race day): _____ Male ☐ Female ☐

X _____

Signature of athlete or or parent/guardian if under 18 years

In consideration for and of 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 Alex's Duck Duck Run, the City of St. Joseph, Epic Race Timing, LLC, their representatives, successors, and assigns for any and all injuries or illnesses which may result directly or indirectly from my participation in the Alex's Duck Duck Run event and related activities. I further state that I am in proper physical condition to participate in this event. I assume all risks in this event. Further, I hereby grant permission for the free use of my name and/or any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose. (Participants under 18 must have parental signature).