

16th ALL TRAIL HALF MARATHON, 10K, 5K



**SAT
OCT
14,
2023**

**A GREAT
PURE MICHIGAN
ALL TRAIL
COURSE!**

**9:00 AM Half Marathon
9:30 AM 10k Run & Walk
10:00 AM 5k Run & Walk
11:00 AM 1k Kids Fun Run**

FREE, Ribbons to all finishers

RUN THIS FANTASTIC ALL TRAIL COURSE!

This non-repeat, all trail course located in the 820 acre Dr. T. K. Lawless County Park is a hidden gem in the beautiful southwest Michigan. This natural scenic odyssey of forest and field includes six charming bridge crossings, lots of streams and small lakes, and, of course, some hills. Sandhill Cranes do frequent this bucolic area, adding charm to the course – take it as a *good omen* if you see one during your race.

- Dynamite custom design *long sleeve performance* T-shirts to all finishers. (Register by **SEP 30** to guarantee shirt on race day – **AFTER SEP 30** sign up *only* ONLINE or AT RACE **8:00-8:45am**)
- Laser cut custom wood award for top two finishers and medals for third in each age group.
- Water and sport drink on the course and a great re-hydration station at the finish featuring fruit, sport drink, popsicles, potato chips, homemade cookies and water.
- Chip timing for 5k, 10k and ½ Marathon (Chip timing will close at Noon - course open to 2:00PM)
- Music DJ at start and finish, and two music stations on the course to inspire participants.
- Finishers in all races from Cass County, Niles and the Granger area will be listed in an *HONOR ROLL* in the appropriate newspapers.
- Race benefits the **Cass County Parks** and the **Dowagiac Rotary Club**
- **No parking fee!** [Lawless Park, 15122 Monkey Run Street, Vandalia, MI 49095]



3 WAYS TO REGISTER: ONLINE ~ MAIL ~ RACE DAY

\$25 Early/\$30 after OCT 1

REGISTER ONLINE: RunSignUp.com

----- CLIP and MAIL -----

SANDHILL CRANE 10/14/2023 MANUAL ENTRY FORM (PRINT CLEARLY ALL INFORMATION)

NAME: _____ GENDER (CIRCLE): M F Age: ____ (on race day)

MAIL ADDRESS: _____

CELL PHONE: _____ EMAIL: _____

RACE (CIRCLE): ½ Marathon 10k 5k T-SHIRT SIZE (CIRCLE): S, M, L, XL, XXL M F

RACE FEES: Mail In entry fee \$25 (\$30 after SEP 30 registered online or race day).

ENCLOSED: Check no. _____ for \$ _____ postmarked by SEP 25 (*last day to mail*)

PAYABLE TO: **The Friends of Cass County Parks** (note *Sandhill Race* on comment line)

MAIL TO: **Friends of Cass County Parks, P.O. Box 131, Cassopolis, MI 49031**

