



**2018**

# SAINT IGNACE ROCK & RUN

HALF MARATHON & 5K RUN/WALK

**Please complete one registration form for each participant.**

**When:** May 19, 2018 – Pre-registration 7:00am  
Half Marathon Race begins 8:00am, 5k run/walk begins at 9:00am

**Where:** Starline Railroad Dock – 253 S. State Street, Saint Ignace, MI 49781

**Registration:**

**Half Marathon**

- \* \$40.00 (1/1/18 thru 3/31/18)
- \* \$45.00 (4/1/18 thru 5/19/18)

**Participants must complete the Half Marathon by 11:30am**

**5K Run**

- \* \$20.00 (1/1/18 thru 3/31/18)
- \* \$25.00 (4/1/18 thru 5/19/18)

**5K Walk**

- \* \$20.00 (1/1/18 thru 3/31/18)
- \* \$25.00 (4/1/18 thru 5/19/18)

**Awards:** Overall Winners, Age Groups for the Half Marathon and 5K Runners and Walkers

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age (on race day) \_\_\_\_\_ Male / Female (circle one)

E-Mail \_\_\_\_\_ Phone Number \_\_\_\_\_

Select Race (check one)    Half Marathon    5K Runner    5K Walker

Shirt Size (circle one)        S   -   M   -   L   -   XL   -   XXL (+ \$2.00)

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risk associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release Mackinac Straits Health System, Mackinac Straits Health System Foundation, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further, I grant to all of the foregoing, the right to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Entry Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature (required of entrants under 18) \_\_\_\_\_ Date \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Checks can be made payable to MSH Foundation.  
Mail registration forms to MSH Foundation, 1140 N. State Street, Saint Ignace, MI 49781