



The Laker Cross Country Program Presents the annual

Laker 5K Run/Walk

Saturday August 5th, 2023 – 8:30 AM



Location: Held at EPBP Laker Schools. 6136 Pigeon Rd. Pigeon, MI 48755. Registration held at Laker Legacy Center. Please park in High School parking lot.

Entry Fee: \$15.00 pre-entry with shirt, \$12.00 pre-entry without shirt.
Pre-entry deadline is July 31. Add \$2.00 for 2XL or \$3.00 for 3XL Shirt.
\$20.00 after July 31 or on race day with shirt.
\$15.00 after July 31 or on race day without shirt.
Shirts not guaranteed to late entries.
Registration available online also at:
<https://runsSignup.com/laker5k>



Proceeds are for the Laker Cross Country Program

Mail Entries to: Laker 5K
311 S. Gagetown Rd.
Pigeon, MI 48755
Make checks payable to: Laker Cross Country

5K Run Awards: First and second place overall male and female. First and second place male and female age group awards.

Run Age Groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

5K Walk Awards: First through fifth overall male and female.

Course: All pavement with a little on the school track.

Results/Timing: Timing services by Tonic Racing.
Results posted day of race and also available on-line:
<http://www.tonicracing.com>

Giveaway: Drawing held after race for giveaway items.

Facilities: Restrooms inside the Laker Legacy Center.

Refreshments: Water, cookies, and fruit.

Information: Mike Klosowski (989) 553-6656 or mklosowski@lakerschools.org



Last Name _____ First Name _____ Middle Initial _____
Address _____ City _____ State _____ Zip Code _____
Birth Date ____/____/____ Age On Race Day ____ Sex M ____ F ____ Phone (____) - ____ - ____
E-mail Address _____
5K Run ____ 5K Walk ____ T-Shirt Size: Small ____ Medium ____ Large ____ X-Large ____ 2X-Large (Add \$2) ____ 3X-Large (Add \$3) ____ No Shirt ____

I know that running or walking a road race is a potentially dangerous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of any race official relative to my ability to safely complete this event. I assume all risks associated with this event including, but not limited to falls, contact with other participants, the effects of the weather, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry. I for myself and anyone entitled to act on my behalf, waive and release Elkton-Pigeon-Bay Port Laker Schools and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Please: No animals, roller skates, roller blades, bicycles, or skateboards.

Signature (Parent if under 18) _____

Date ____/____/____

Laker 5K 2023