



The Laker Cross Country Program Presents the annual
Laker 5K Run/Walk & Kids ¼ Mile Fun Run



Saturday August 1st, 2026

8:30 A.M.-5K & 9:30 A.M.-1/4 Fun Run

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: **5K:** \$17.00 pre-entry with shirt, \$12.00 pre-entry without shirt through July 18 \$15.00 pre-entry without shirt July 19 through July 30 and race day registration. Pre-entry deadline for shirt is July 18. Add \$3.00 for 2XL or \$4.00 for 3XL Shirt. Some extra shirts will be available for sale on first serve basis on race day.
Kids 1/4 Mile Fun Run: \$10.00 with shirt (through July 18) and \$5.00 without shirt
 Registration available online also at:
<https://runsignup.com/laker5k>

»CC» **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**

Awards: **5k Run:** First and second place overall male and female. First and second place male and female age group awards. **5k Walk:** First through fifth overall male and female. **Kids ¼ Mile Fun Run:** Finisher medals to all participants.

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

Course: All pavement with a little on the school track. Kids Fun Run is 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/Snacks: Water, sports drink, 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 ____ Kids Fun Run ____ T-Shirt Size: Youth Small ____ Youth Medium ____ Youth Large ____ Adult Small ____ Adult Medium ____
 Adult Large ____ Adult X-Large ____ 2X-Large (Add \$3) ____ 3X-Large (Add \$4) ____ 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 ____ / ____ / ____