

Stafford Communications

Crystal "Run the Lake" 2019

3 Mile Run/Walk & 5 Mile Run

23rd Annual

August 3, 2019

Registration Location: Crystal Community Center (formally elementary school) ~ 217 Park St. Crystal MI 48818

Registration Time: 7:00 am - 7:45 am

5 mile race starts: 8:00 am

3 mile race starts: 9:00 am

Race Day Registration: **\$25.00** for one race and **\$35** for two races by one individual

Pre-registration: **\$20.00** for one race and **\$30** for two races by one individual (must be postmarked by July 28th)

Make checks payable to: Crystal Area Chamber of Commerce

Mail to: P.O. Box 101, Crystal, MI 48818

Contact Information and Questions: Tara Chapko, 989-235-5019 Crystal Chamber, 989-235-5454
Janet Shy Jancam10@rocketmail.com

Run the Lake Registration Form

Please circle race choice 3 Mile Or 5 Mile Or both 3 mile and 5 mile

Age 14 & Under 15-18 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-69 70- 79 80+

Gender Male Female

T-Shirt Size: Y small Y medium Y large Small Medium Large X-Large

(Only preregistration can guarantee runner's pack & t-shirt) To assure youth sizing registration must be postmarked by July 15, 2019)

Name: _____ Age race day: _____

Address: _____ City: _____ State: _____ Zip: _____

Contact Phone / Email address: _____

Disclaimer: I hereby release Crystal Township, Crystal Chamber of Commerce, Crystal Recreation Committee, other Community Volunteers and any organizers connected with this event for personal injury or damage arising out of, or in connection with, the 3 & 5 Mile Run. I attest and verify that I have knowledge of the risks involved in this event and am physically fit and trained to participate. I also authorize the Crystal Chamber of Commerce to use my photo and name in promotional materials.

Entrant Signature: _____ Date: _____

Signature of Parent or Guardian : _____ (If under 18)

This year's event is endorsed by the Governor's Council on Physical Fitness, Health and Sports.

This does not reflect endorsement of the sponsoring organization or the products used.