

Crystal Run the Lake 2023

3 Mile Run/Walk & 5 Mile Run

27th Annual

August 5, 2023

Registration Location: Crystal Community Center ~ 217 Park St. Crystal MI 48818

Registration Time: 7:00 am - 7:45 am 5 mile race starts: 8:00 am

8:15 am - 9:00 am 3 mile race starts: 9:15 am

***Start times of events allow you to run both the 5 mile and 3 mile.**

Race Day Registration: \$40 for one race and \$50 for two races by one individual

Pre-registration: \$30 for one race and \$40 for two races by one individual (must be received by Aug. 4)

Early registration \$25 for one race and \$35 for two races by one individual (must be received by July 16)

*Early registration guarantees tee

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 8 & under 9-11 12-14 15-19 20-24 25-29 30-34 35-39 40-44 45-50 50-54 55-59 60- 64 65- 69 70-74 74-79
80-84 85-89 90 and up

Gender Male Female

T-Shirt Size: Y small Y medium Y large Small Medium Large X-Large 2X-Large

(Only preregistration can guarantee runner's pack & t-shirt. To assure tee registration must be received by July 16, 2023)

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.