

Special Thanks
to our Sponsors
and Donors

Shirt Choices

To view this year's shirt design and to get sizing information visit looksharponline.com and click on the Grape Lake Race tab. Two quality tee shirt choices are available: 1) Long-sleeve cotton Hanes Beefy Tee or 2) Short-sleeve moisture wicking Blue Generation tee (available in men's crewneck or women's V-neck styles). Sample shirts are available for viewing/fitting at Look Sharp Marketing/Sporting Image, Paw Paw, MI. Please call 657-5646 for business hours. A no shirt option is also available for a reduced fee. **NOTE: There is no guarantee of shirt availability after the early registration deadline.** During late registration, shirts (if available) will be sold on a first-come, first-served basis.

Entry Fees

Per Person	Early by Aug. 31	Late by Sept. 1-6	Late Race Day
no shirt	\$18	\$23	\$28
cotton long-sleeve	\$25	\$30 if available	\$35 if available
moisture wicking short sleeve	\$30	\$35 if available	\$40 if available

Registration

Online Registration is available at thtiming.com. There will be a \$2.50 processing fee added to the registration fee for each registration done online. Available until 5 p.m. on *Thursday, Sept. 5, 2013*.

Register by Mail: Complete the registration form and send in with payment. *Do not mail in after Friday, August 23, 2013.*

Drop in Registration: Register and pay at the main entrance of Bronson LakeView Hospital. *Available until 6 p.m., Thursday, Sept. 5, 2013.*

Day Before & Event Day Registration: Friday, Sept. 6 late registration will be available from 4 to 8 p.m. Event day registration will be available from 6:30 a.m. to 7:30 a.m. Both will be located in the south parking lot of the hospital under the large tent.

Group Registration Discounts: Groups of 15 or more may be eligible for a \$2 discount off the registration fee. **Discounts apply for pre-registration only.** To arrange your group, call (269) 657-1326 or email mconnem@bronsonhg.org.

Confirmation will be sent when registration and payment is received.

J15296-1 6/13

P.O. Box 209, 408 Hazen St.
Paw Paw, MI 49079-0209

2013 Grape Lake Run/Walk Event Notification



Saturday, September 7, 2013
8 a.m.

Bronson LakeView Hospital is proud to offer the Grape Lake 5k Run/Walk as part of our commitment to maintaining and improving the health of the people we serve and as a fun wellness activity during the Paw Paw Wine and Harvest Festival. Proceeds will go to health and wellness initiatives in Van Buren County.



This event has been reviewed for the physical activity content and has been 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.



Registration

name

address

city / state / zip

daytime phone

e-mail

date of birth (mm/dd/yy) age on Sept. 7

male female 5k Run 5k Walk

emergency contact name

emergency contact phone

Bronson employees will receive a \$2 discount (employee only) Employee #

KAR/RACERS member: yes no (KAR/RACER member code:)

If registration form is not filled out completely, participant may not be eligible for awards after the race.

Shirt Choice

Cotton long-sleeve S M L XL 2X Men's wicking short-sleeve S M L XL 2X Women's wicking short-sleeve S M L XL 2X No shirt

Packet Pick-up

Friday, Sept. 6, 4 to 8 p.m. Saturday, Sept. 7 (event day), 6:30 to 7:30 a.m. Location: parking lot south of the hospital under the large tent.

Waiver

I, for myself and anyone entitled to act on my behalf, release the County of Van Buren, the Village of Paw Paw, Bronson LakeView Hospital, whose property and personnel are used, and other sponsoring or co-sponsoring companies or individuals from responsibility for any injuries or damages I may suffer as a result of my participation in the Grape Lake 5K Run/Walk. I hereby certify that I am safely able to participate in this event. I grant permission for the use of my name and pictures in broadcast, telecast, newspapers, brochures or online. I certify to be true all information I have provided on this form. NO REFUNDS. I understand that the entry fee is non-refundable and non-transferrable. I also understand the Run/Walk will take place rain or shine, at Race Director's discretion. I have read the entry information provided for the event and certify my compliance with my signature below.

signature of participant

(If participant is younger than 18, parent or legal guardian must also sign.)

signature of parent or guardian

Mail form and payment to: Bronson LakeView Hospital Grape Lake 5K Run/Walk P.O. Box 209 Paw Paw, MI 49079-0209

Cash or check only. Make check payable to Bronson LakeView Hospital Grape Lake Run/Walk. Credit cards may be used on thtiming.com. Entry fees are non-refundable and non-transferable.

amount enclosed

New This Year: Live Results!

Participants with a smartphone, tablet or computer can access their results within moments of crossing the finish line by entering a URL that will be provided at packet pick-up. No need to stand in line to look up your results. Overall place, age group place, pace and time will be available by entering your name or bib number into the live results link. Printed results will still be available as well.

Recognition and Prizes

Both a timing start strip and finish strip will be used for this race. Awards will be based on actual chip time not gun time. Walkers may not run. If seen running, a walker will be disqualified. The awards ceremony will follow the race and start when the results are ready by T&H Timing. Preliminary results will be posted while runners and walkers are still finishing. The overall male and female runner and walker will receive a \$50 gift certificate to Gazelle Sports. The top three (3) finishers in each age division, male and female will receive an award. Results will be posted at www.thtiming.com.

7th Annual Challenge of Fitness 2013 Michigan Fruit Belt Challenge

The Grape Lake Race is proud to be a part of the 2013 Michigan "Fruit Belt Series." This series highlights the importance of including fruit in your daily diet as well as exercise. Visit facebook.com/groups/FruitBeltSeries for more information.



Arrival and Parking

More parking has been added around the Bronson LakeView campus this year (see course map). Please allow plenty of time for parking; it is recommended you arrive an hour before the race start time. Parking signage and traffic volunteers will be available to help you. SHUTTLES: Van Buren Public Transit will provide shuttle service. Look for shuttle signage.

Our Course

The Grape Lake 5k Run/Walk course is USATF certified and is a fast, flat 5k course around Maple Lake in Paw Paw, Michigan.



Safety

While providing a fun and healthy event we must consider the safety of our participants.

Strollers and wagons will be allowed at the very back of the race for runners and walkers alike. No pets, please.