

Run the Ridge in 2017

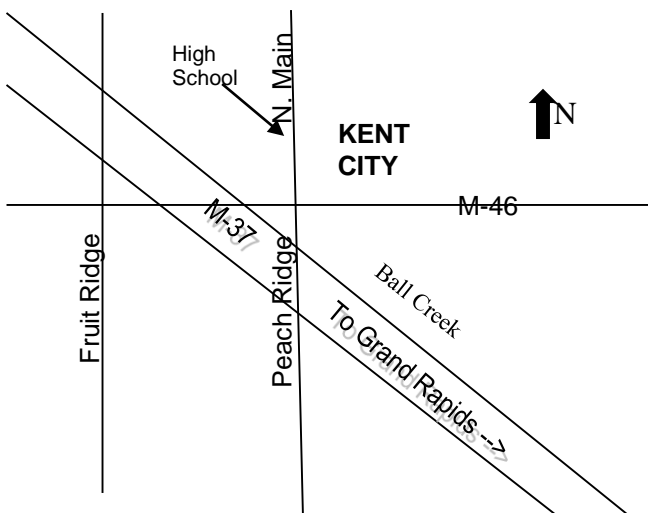
- Saturday, March 25, 2017
- 9:30 a.m.—15K; 9:35 a.m.—5K.
- Soft SHORT-sleeved shirts to PRE-REGISTERED runners. After 3/13, shirts will be available on a first-come, first served basis.
- 15K finisher medals
- Your choice of awards!
- Pure Michigan FITness Series

THE COURSE

- Both runs will have aid stations & a downhill finish. Maps are online.
- 15K:** rolling route (Jill's Hills); mainly paved.
5K: completely paved, out-and-back style.

LOCATION

- **Kent City High School**, 351 N. Main St., Kent City, MI 49330
- Kent City is located 20 minutes north of Grand Rapids (use M-37) & 25 minutes east of Muskegon (use M-46).



INFORMATION

Fees:

Early **ONLINE** registration through 3/13:

www.macssportstiming.com

\$21 online w/ shirt

\$18 online student / sr. rate (18 & under or over 62) with a shirt

\$16 online w/out shirt

Early **MAIL-IN** registration:

\$23 w/ shirt*

\$18 w/out shirt*

\$20 student / sr. rate (18 & under or over 62) with a shirt*

\$20 each—family rate for 3 or more from same address. Includes shirt for each.*

***Must be post-marked by March 10!**

LATE registration:

\$25 w/ shirt (if available)

\$20 w/out shirt

No family or student rates after March 14.

Race day registration is from 8:00-9:00 a.m.
NO REFUNDS

See website for records and maps:

www.kentcityschools.org/highschool/communications/kent-city-ridge-run OR

www.facebook.com/KentCityRidgeRun

--Online registration, timing & results done by Mac's Sports Timing at www.macssportstiming.com through RunSignUp.

--Locker rooms will be available.

--Refreshments will be available in the cafeteria following the races.

For more information: Contact Jill at 616-678-4210 or jill.evers@kentcityschools.org

Awards:

Overall, masters' and grand masters' (over 60) awards, and *at least* 3 deep in the following age categories: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

5K: There will also be a 10 & under group.

Send this entry form to:

Jill Evers; 2900 19 Mile Rd.; Kent City, MI 49330

*Checks payable to: **Kent City Ridge Run**

Please PRINT clearly

Name _____

Gender (circle one) M F

Event (circle) 15K 5K

Date of Birth _____ Age on 3/25 _____

E-mail address _____

Phone(_____) _____

Address _____

City _____

State _____ Zip _____

T-shirt size: No Shirt Youth M Youth L

Men's: S M L XL

XXL(Add \$1) 3XL (Add \$1)

Legal Waiver & Signature: I hereby certify that I have carefully read, understand, and agree to the Entry Form and will be legally bound by this release (waiver). I certify that I have entered this race of my own free will. I am in a physical condition that allows me to enter this event. In consideration of the acceptance of my entry, I do, for myself, my heirs, administrators and executor waive and release, forever, any and all rights to claims and suits for damages I might accrue against Kent City High School, its principals, representatives, sponsors, volunteers, &/or beneficiaries, for any and all injuries suffered by me while traveling to, from, and while participating in the race event. Further, I certify that I am covered by my own medical insurance or, failing that, accept full responsibility for any and all expenses I may incur. My photograph, likeness, or video may be used for any legal purpose by race organizers. I have read this waiver and agree to its terms.

Signature of applicant _____
(or parent/legal guardian if participant is under 18)

Date _____

Kent City Ridge Run

Thanks

BAYES WATER TREATMENT
ROBINET PHYSICAL THERAPY

The Back Shop
ChoiceOne Bank
Excellence in Vision
Grice's Hometown Pharmacy
Hessel-Cheslek Funeral Home
Kent City Sports Boosters
Materne—Go Go Squeez
Michigan Apples
Papa Piccione's Pizzeria &
Restaurant

John and Stacey Alt Farms
Casnovia Fire Department
Clark Insurance Agency
Edward Jones—Ric Knapp
Gordon Food Service
Kent City Fire Department
Kent City Cross Country
Lisa Fragomeli
North Ridge Berries
Northwest Kent Mechanical
Reister Family Chiropractic
The Rogue Golf Club
Visions Hair Salon

THANK YOU!

2016 proceeds went to
KC Girls on the Run,
the American Cancer Society,
Howard Christensen Nature
Center &
Kent City XC/T&F Programs

Kent City Cross Country
Kent City High School
351 N. Main St.
Kent City, MI 49330

MICHIGAN
FITness Series

13th Annual Kent City Ridge Run 15K Run & 5K Run/Walk



Saturday, March 25th, 2017

9:30 am