

# 23<sup>RD</sup> ANNUAL PORTLAND WINTER RUN

5K RUN AND NON – COMPETITIVE WALK

SATURDAY, JANUARY 18, 2020



Location: Portland High School, Portland, Michigan 48875

Start Time: 10:00 a.m.

Course: Start at Portland High School, run through the streets of Portland and finish at Portland High School. Course maps will be available on race day.

Awards: Awards for the 5K run include male and female overall winners, masters, grand masters, great masters, and the top 4 male and female runners in each age group. 10 & Under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 and 75 & Over.

Registration Options: **Entry Fee: Paper Registration Postmarked - 1/4 Adults \$20.00, Students \$10.00**  
**Entry Fee: Online Registration -1/4 Students & Adults \$20.00**  
**Entry Fee: Online & Paper - 1/5 to 1/15 Adults and Students \$25.00**  
**Entry Fee: All Entries - 1/16 through Race Day \$30.00**

Online Registration: [http://runningfoundation.com/Portland\\_Winter\\_Run.html](http://runningfoundation.com/Portland_Winter_Run.html)  
<https://Runsingup.com/Race/MI/Portland/PortlandWinterRun>



Packet Pick Up: Race Day at Portland High School. 8:30 a.m. to 9:45 a.m.

Shirts: **All pre-registered participants received by 1/5 are guaranteed a t-shirt. Registrations received after 1/5 are not guaranteed a t-shirt!**

Additional Information: Contact Dan Sandborn, Race Director, (517) 526-2210, email: drsandborn@yahoo.com

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Please Print Entry Information:

Name \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Gender: Male \_\_\_\_\_ Female \_\_\_\_\_ T-shirt Size (Adult) Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_

Event Participating in: 5K Run \_\_\_\_\_ Non-Competitive Walk \_\_\_\_\_

**\*Please make checks payable to: PORTLAND PUBLIC SCHOOLS \*NOTE: ALL MONIES RECEIVED ARE NON REFUNDABLE!**

\*Mail registration form and entry fee to: Dan Sandborn, 3654 E Grand River Ave, Portland, MI 48875

\*Proceeds benefit Portland Cross Country, Track & Field Program and Portland Athletic Association.

WAIVER OF LIABILITY: In consideration of my entry. I assume all risks associated with running or walking in this event. I intend to be legally bound for myself, my heirs, executors, administrators and anyone acting on by behalf, waive and release of Portland Public Schools, Portland Athletic Association, Portland Cross Country teams, the City of Portland, volunteers, sponsors, agents, representatives, successors, and/or assigns from all claims or liability arising out of my traveling to, participating in and traveling from this event. I attest I have trained sufficiently to participate in this event and I am physically fit.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian (If under the age of 18) \_\_\_\_\_ Date: \_\_\_\_\_

**Homemade Vegetarian Chili and Great Small Town Hospitality!**

**OVERALL MALE & FEMALE WINNERS RECEIVE \$100 GIFT CERTIFICATE!**