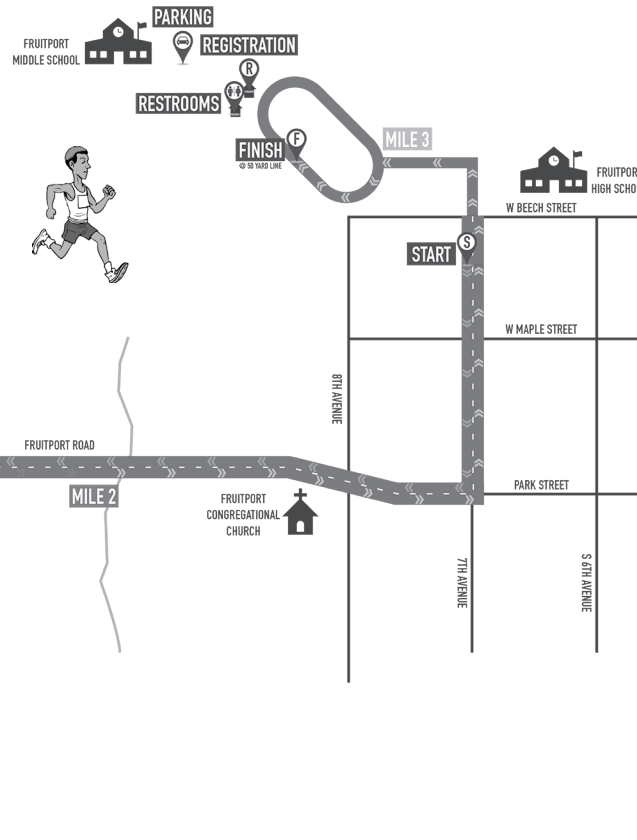


This event endorsed by



MICHIGAN FITNESS FOUNDATION



Participants' post-race
refreshments provided by
Fruitport Lions Club

*Award Ceremony
immediately following
on football field*

Course Records

5K (male) - Tom Chorny 14:47.9 (2008)
5K (female) - Sue McDonald 17:26.8 (1982)

SPONSORS:
Fruitport Lions Club
Gear Group
The Storage Group

Any proceeds the Fruitport Lions
Club realizes from this event as
well as other Old Fashioned Days
activities are used to support new
and ongoing community projects.

38th Annual



Old Fashioned Days
5K RUN
2019



WE SERVE
www.fruitportlionsclub.com

Direct link to the race:
bit.ly/ofdrace

**Saturday
May 25, 2019
8:30AM - 5K Race / Walk**

Sponsored by
Fruitport Lions Club

Football Field – Registration
Corner of 6th & Beech St. – Start Line
Fruitport High School

Course

Measured loop course through scenic, but hilly Fruitport countryside.

- Course closed to vehicle traffic.
- Aid station at 1.5 miles
- Post race refreshments provided. Restrooms and showers available at the Fruitport Middle School.

Entry Fee - Two Choices

With Moisture Wicking T-Shirts:

\$25.00 before deadline date (5/23/19 by 12PM)

\$30.00 thereafter including race day
(not guaranteed for late registration)

Without T-Shirts:

\$20.00 before deadline date (5/23/19 by 12PM)

\$25.00 thereafter including race day

Make checks payable to:
Fruitport Lions Club Run

T-Shirt Size

____ S ____ M ____ L ____ XL

If no t-shirt requested, check here ____

Race Time

5K 8:30AM

Electronic timing provided by
Runner's Edge Race Timing.



Official Entry Form

(Please print clearly)

NAME: _____
First Last

ADDRESS: _____

City, State, Zip

EMAIL: _____

TELEPHONE NUMBER: _____
____ 5K

____ Male ____ Female

Date of birth: ____ / ____ / ____

Age on race day: ____



- Paper registration ending on Tuesday, May 21, 2019 at 5PM.
- Race fee increases after 12 Noon on Thursday, May 23, 2019.
- Race day, Saturday, May 25, 2019, packet pick-up and registration from 7AM-8AM on FHS football field.
- Friday, May 24th packet pick up at Fruitport Township Hall 5-7:00PM
- Day of, on-site race registration will be available. T-shirt not guaranteed. Cash or credit cards will be accepted.

Emergency Contact

Name / Telephone

Waiver

(This release of obligation must be signed)

In consideration of your accepting this entry form, I hereby for myself, my heirs, executors, and administrators, waive and release all rights and claims for damages I may have against the Fruitport 5,000 meter Road Race, the sponsors of these events, its agents, representatives, successors, and assigners for any and all injuries suffered by me at said run, or which may arise out of my traveling to, participating in and returning from these events.

Participant's Signature

Date: _____

Parent's or Guardian's Signature –
If under 18 years old

X _____

Mail by 5/21/19 to:

Old Fashioned Days Run

PO Box C
Fruitport, MI 49415

or Drop off by 5/21/19:

The Storage Group

42 S. Third
Fruitport, MI 49415

Direct link to the race by 5/24/19:

bit.ly/ofdrace