

ENTRY FEE

Per Person	Early By 8/7/2018	Late By 9/7/2018	Race Day
No Shirt	\$20	\$25	\$30
Online	\$25	\$30	N/A
Paper	\$27	\$32	\$37

If registering by mail or in person, please add an additional \$2.00 processing fee. To avoid this fee please register at:

<https://runsignup.com/Race/MI/PawPaw/GrapeLake5K>

Age Based Pricing for youth participants is available. Participants 15 and under may apply a \$3 discount.

Registration

Online Registration is also available at:

<http://www.wineandharvestfestival.com/events/29th-annual-grape-lake-5k-walk-run>. Online registration closes Wednesday, September 5.

Register by Mail: Complete the registration form and send in with payment. There will be a \$2.00 processing fee added to the registration fee for each paper registration. **Do not mail after August 31, 2018.** Mail to Grape Lake 5K, 129 S. Kalamazoo St., Paw Paw, MI 49079

Drop in Registration: You may drop off registration forms and payment at the Wine and Harvest Office 129 S Kalamazoo St. Paw Paw, MI 49079

Day Before & Event Day Registration: Friday Sept 7 late registration will be available from 5 to 8pm. Event day registration will be available from 7:30 to 8:30am

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 269-330-5005 or email DahmsKathy@yahoo.com

Make checks payable to:

Voices For Change—VBCo

Shirt Info

This year our quality t-Shirt is a Marathon Performance Tee, 3.5oz 100% polyester, moisture wicking, odor resistant and stain release. Women's T-shirt is more form fitted with shorted sleeves and wider neck. According to reviews, these shirts fit as expected.

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.

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 pickup. No need to stand in line to look up your results. Overall place, age group, 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 the race. Awards will be based on actual chip time not gun time. 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 <http://www.wineandharvestfestival.com/events/29th-annual-grape-lake-5k-walk-run>.

12th Annual Challenge Fitness 2018 Michigan Fruit Belt Challenge

The Grape Lake 5K Race is proud to be a part of the 2018 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 at the Van Buren County Mental Health campus at 801 Hazen Street. 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 the shuttle signage.

This event is organized by Voices for Change and Families Against Narcotics. Questions regarding registration? Contact Kathy Dahms Registration Director @ DahmsKathy@yahoo.com or 269-330-5005.



Grape Lake 5K
801 Hazen Street
Paw Paw, MI 49079

Mary Springer : 269-574-0179
Kathy Dahms: 269-330-5005
M.Springer@Pawpaw.net
DahmsKathy@yahoo.com

Voices For Change
&
Families Against Narcotics
Are pleased to present the
29th annual:



**SATURDAY SEPTEMBER 8, 2018
9AM**

THIS EVENT IS ENDORSED BY:



The Event has been reviewed for the physical activity content and has been Endorsed by the Governor's Counsel on Physical Fitness, Health and Sports. This does not reflect endorsement of the sponsoring organization or the product used.

Proceeds from the event will go to Families Against Narcotics. Money raised will help people in crisis right here in Van Buren County.



Contact either
Mary Springer 269-547-0179
Kathy Dahms 269-330-5005

Registration:

Mary Springer: 269-574-0179
Kathy Dahms: 269-330-5005
M.Springer@Pawpaw.net
DahmsKathy@yahoo.com