



# Manistee Jingle Bell Jog 5K Run / Walk

Saturday, Dec. 7<sup>th</sup>, 2019 10am

Fundraiser for the Manistee Area Public Schools Cross Country Teams

- Where: Kennedy Elementary, 550 Maple St. Manistee MI (old HS/MS)
- Entry Fees: \$18 postmarked by Nov. 29<sup>th</sup>, \$23 on race day  
Entry includes our **specially designed long sleeve T-shirt.**
- Packet Pick-up / Late Registration: 8:45-9:45 am at Kennedy Elementary.  
Race will begin promptly at 10am, with awards following
- Course: 3.1 Miles (5K) through the streets and picturesque neighborhoods of historic Manistee – during the Victorian Sleighbell & Old Christmas Weekend Celebration
- Awards: Trophies to the top overall runners and walkers. Unique medals to the top 3 finishers in each age category for the run. Medals to the top 5 overall male and female walkers.
- Age Categories: Run – male and female: 10-under, 11-13, 14-16, 17-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+up.  
Walk – male and female division only.
- For more info: e-mail [ethuемmel@manistee.org](mailto:ethuемmel@manistee.org) or call (231) 233-1433

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Send Entry form with check payable to:

"Manistee Cross-Country" c/o Manistee Area Public Schools, 525 12<sup>th</sup> St., Manistee, MI, 49660

**Name:** \_\_\_\_\_ **Gender** M / F **Age (on Dec. 7<sup>th</sup>)** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_ **E-Mail** \_\_\_\_\_

**Shirt size** S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ XL \_\_\_\_ XXL \_\_\_\_ (add \$2) **Tech Shirt** \_\_\_\_\_ (add \$5)

**Choose Event:** 5K Run / 5K Walk **\$18 per entrant** (\$23 after Nov. 29<sup>th</sup>) **Total enclosed** \_\_\_\_\_

Please accept my entry to the Jingle Bell Jog 5K run / walk. I hereby state that I have conditioned myself to run / walk more than the stated distance for the race in which I am entering. I understand that the roads may be snow-covered and slippery during the race, and traffic will continue. I waive any rights I have against any sponsor or agents for damages and injuries incurred by my participation in the Jingle Bell Jog 5K run / walk.

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**Signature** (parent's signature if entrant is under 18 years old)  
(this form may be duplicated)

**Date**