

2022  
ISLAND ROAD RUNNERS  
GROSSE ILE, MI



MAY 30, 2022

★ CERTIFIED 5K & 8K COURSES ★

★ ENJOY ONE OF THE BEST POST-RACE GOODIES TABLES IN THE STATE ★



Southgate



R.L. COOLSSET Construction Co.  
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**DISTANCE:** 8K Run, 5K Run/Walk (Scored) and Little Stars 1 Mile Run  
**TIME:** Little Stars at 8:30 a.m. • 5K Run/Walk at 9:00 a.m. • 8K Run at 9:05  
**START & FINISH:** Grosse Ile High School at 7800 Grays Drive  
**ENTRY FEES:** Little Stars 1 Mile Run: Finisher Medals to All Kids.  
No Registration. FREE (without Long-sleeved T-Shirt).  
With Long Sleeved T-Shirt, use registration form and entry fees below.

8K Run and 5K Run/Walk: Pre-registration by mail, or in person at Total Runner anytime through May 28.

\$35 By Saturday, May 21

\$40 May 23-28 at Total Runner

\$45 Race day registration at Grosse Ile High School

Late Registration and Packet Pick-Up: At Total Runner, 15265 Dix-Toledo Road, Southgate, May 23-28 or at Grosse Ile High School on race day, 7:30-8:50 a.m.

**MAIL ENTRY TO:** Island Road Runners, c/o Total Runner, 15265 Dix-Toledo Rd., Southgate, MI 48195.

**Make checks payable to Island Road Runners.**

**AWARDS:** 5K & 8K Runs: Awards for first male and female, overall and masters, Medals 3 deep each age group, male and female.  
Age Groups: 14 and 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 & Up.

**AWARDS CEREMONY:**

Begins at 10:15 a.m.

**COURSE:**

8K & 5K Run/Walk Courses are fast, flat, and certified; includes picturesque East River Road



Beaumont



★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

SHIRT SIZE GUARANTEED THROUGH MAY 2!

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

ENTRY BLANK

**Register Online at [runsignup.com](https://runsignup.com)**

Please Print Clearly and Mail With Check to:

Island Road Runners, c/o Total Runner,

15265 Dix-Toledo Road • Southgate, MI 48195 • (734) 282-1101

**(Make check payable to Island Road Runners)**

No Refunds or Transfers

☐ 5K Run/Walk

☐ 8K Run

NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_ AGE ON 5-30-22 \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_ F ☐ M ☐

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

PLEASE ✓ CHECK YOUR QUALITY T-SHIRT SIZE (UNISEX): S ☐ M ☐ L ☐ XL ☐

WAIVER: In consideration of the acceptance of my registration, I hereby agree, on behalf of myself, my heirs, executor, administrator and assigns, release and waive forever any and all rights and claims of damage against the Island Road Runners, Grosse Ile School District, all sponsors, and all officers of the race, either jointly or separately which may anytime be incurred by reason of my participation for the aforesaid race.

X \_\_\_\_\_  
Signature (Runners and non-runners must sign waiver.)

X \_\_\_\_\_  
(Parent's signature if under 18 years.)

For Official Use

Date Rec'd \_\_\_\_\_

Amount Paid \_\_\_\_\_

Source \_\_\_\_\_

The Island Road Runners would like to say Thank You  
to our sponsors for their support of running.  
– Please support our sponsors –



15265 Dix-Toledo, Southgate, MI 48195  
(734) 282-1101

Hours: Mon.-Sat 10 to 6  
Mon. & Thurs. 10 to 8

Packet Pickup:

Corktown Races • March 13, 2022  
Blitzen the Dotte • November 19, 2022  
Turkey Trot • November 24, 2022

Sponsored

Memorial Day Run • May 30, 2022  
Polly Ann Trail Run • June 4, 2022

Find us on Facebook

*Special Thanks to Contributing Sponsors:*

*Allen's Trophy, Riverview  
Meijer, Southgate  
Michael Perry  
Smokies on the Water  
Deb Eskridge, Blue Ribbon Run*

*If you would like to run/walk with  
the ISLAND ROAD RUNNERS, we meet  
every Saturday morning at the Grosse Ile  
Middle School at 8:30 a.m.*

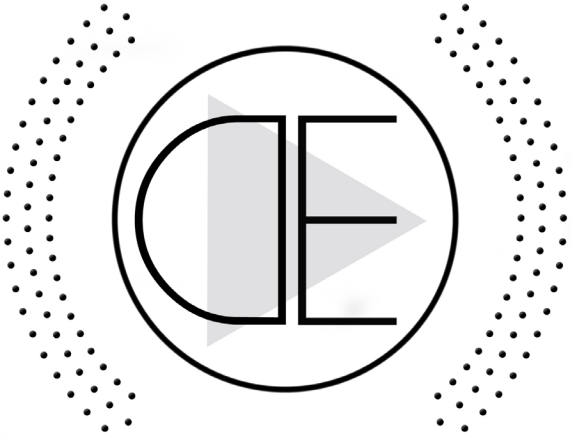
*For special runs and events, find us on  
Facebook.*



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Wyandotte, MI 48192  
734.284.5330

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