

RUN YOUR BASS OFF

SUNDAY, JULY 9, 2017

10k, and 5K competitive race travel through hilly city and residential areas. The course consists of paved and unpaved areas. The 2 mile walk is mostly a flat residential leisure walk, and will accommodate strollers.

All pre-registrants receive a t-shirt. Race day registrants receive shirts as long as supply lasts. Water and aid stations are located throughout the course and water/food are provided at the finish. Proceeds benefit the Crystal Falls Business Association.

RACE LOCATION: All events start and finish at Runkle Lake City Park

RACE TIME: 9:00 A.M. (CST) REGISTRATION : 7:00 – 8:15 A.M.

DIVISIONS: MALE/FEMALE - AGES: 11 and under, 12 – 14, 15 – 19, per decade after 20 to 70+

AWARDS : Awards -10K, 5K top overall male and female, MEDALS – top three in each age division

| FEES: | EVENT | EARLY REGISTRATION | AFTER JUNE 30 |
|-------|--------------|--------------------|---------------|
| | 10k/5k ADULT | \$20 | \$30 |
| | 10k/5k 13-18 | \$15 | \$25 |
| | 2 MILE WALK | \$10 | \$12 |

UPPRC Members take a \$2. Discount off fees

-----RACE REGISTRATION-----

PRE-REGISTRATION DEADLINE IS FRIDAY, JUNE 30, 2017. Mail completed registration form and check made payable to Crystal Falls Business Association, P.O. Box 233, Crystal Falls, MI 49920, or register online at www.runyourbassoff.com. Questions? Contact Terrie @ (906)875-6868

NAME: (LAST) _____ (FIRST) _____

ADDRESS: _____

EVENT (circle one) 10K run 5K run 2 mile walk

AGE: (at time of race) _____ MALE OR FEMALE

SHIRT SIZE (circle one– adult sizes) SMALL MEDIUM LARGE XLARGE XXLARGE (+ \$2.00)

UPPRC # _____

Run agreement: In consideration of acceptance of my entry I hereby waive and release any of the sponsoring groups, officials, attendants and any and all persons for any and all injuries suffered by me at said "Run Your Bass Off" road race. I attest and verify that I am physically fit and sufficiently trained for the completion for this event. Further, I hereby grant permission for the use of my name and any photos or other records of my participation in this event for any publicity, without obligation or liability to me.

SIGNATURE _____ PARENT/GUARDIAN _____ DATE _____