



Monday May 29, 2023

ISLAND ROAD RUNNERS



MEMORIAL DAY 5K/8K 2023 GROSSE ILE · MI

USATF CERTIFIED COURSES • SCORED BY FAIRCHILD SPORTS TIMING 8K & 5K Courses are fast, flat, and picturesque Detroit River along East River Road

New This Year!!! • FINISHER MEDALS for ALL PARTICIPANTS

Lace up your running shoes for the Island Road Runners annual 'Memorial Day Run'

DISTANCE: 8K Run (Scored), 5K Run/Walk (Scored), and Little Stars 1 Mile Run
TIME: Little Stars @ 8:30 a.m. • 5K Run/Walk @ 9:00 a.m. • 8K Run @ 9:05 a.m.
START & FINISH: Grosse Ile High School at 7800 Grays Drive

ENTRY FEES: 8K Run and 5K Run/Walk: Pre-registration by mail, or in person at Total Runner through May 27th \$35 By Saturday May 20th \$40 May 21-27 at Total Runner \$45 Race day registration at Grosse Ile High School Race T-Shirt included in registration form and entry fees below T-Shirts are guaranteed to first 380 entrants. Sizes are not always guaranteed. Little Stars 1 Mile Run: Finisher Medals to All Children FREE - No Registration Required (Does not include Race T-Shirt)

PACKET PICK-UP: May 22-27 • Total Runner, 15265 Dix-Toledo Southgate, MI 48195 Race Day • Grosse Ile High School from 7:30-8:50 a.m.

MAIL ENTRY TO: Island Road Runners, c/o Total Runner Make checks payable to Island Road Runners

AWARDS: 5k & 8k: Finisher Medals for All First Place Medal for Overall Male and Overall Female for both 5k & 8k Races



Ronald P. Morris, D.D.S. Oral & Maxillofacial Surgeon



ENTRY BLANK

Register Online at 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

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.)

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