



Manton Rotary Club 10th Annual 5K TRAIL RUN/WALK Saturday, August 6, 2011



SERVICE Above Self

Start Time: 8:30 AM

COMPETITIVE COMBINATION OF SCENIC FLAT LAND, GENTLE ROLLING HILLS, WOODS AND SWAMP.

Eight (8) age groups: M & F, 1-2-3 medals. Trophy for overall fastest times: M & F, plus Masters.

DIRECTIONS TO TRAIL: FROM US 131 EXPRESSWAY (EXIT 191) MANTON, TAKE M-42 EAST APPROX. ONE MILE TO 47RD. TURN LEFT (NORTH), FOLLOW SIGNS TO BROWN RD. TURN LEFT (NORTH) ON BROWN RD. GO 1/2 MILE TO COOMBS RD. TURN RIGHT (EAST) ON COOMBS 7/10 MILE.

DIRECTIONS FROM LAKE CITY: TAKE M-66 NORTH TWO MILES TO M-42, TURN LEFT (WEST), APPROX. 4-5 MILES, TURN RIGHT (NORTH) ON LUCAS ROAD APPROX. 2 1/2 MILES TO RHOBY RD. TURN LEFT (WEST). FOLLOW SIGNS TO COOMBS ROAD.

ENTRY FEE: REGISTERED "Girls on the Run" \$7.00. ALL OTHERS \$17.00 BY AUGUST 5th, THEREAFTER \$20.00 PER RUNNER, MAKE CHECKS PAYABLE TO: MANTON ROTARY CLUB. SEND CHECK AND APPLICATION TO:

**JERRY RAMSAY - 10281 WEST COOMBS ROAD - MANTON, MI 49663
PH 231-824-3183 OR ramjs@voyager.net**

ALL PROCEEDS GO TO SUPPORT MANTON AREA YOUTH PROGRAMS

NAME: _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

AGE: ___ **BIRTHDATE:** ___ - ___ - ___ **MALE:** ___ **FEMALE:** ___

RUNNER _____ **WALKER** _____

T-SHIRT SIZE: S__ M__ L__ XL__ SHIRTS ARE FOR THE FIRST 75 REGISTRANTS

In consideration for my participation in this event, I for myself, my heirs, my executors waive all rights and claims for damages I may have against Manton Rotary Club, sponsors of this event, their agents, representatives, successors and assignees for any and all injuries suffered by me at said event or which may arise out of my traveling to, participating in and returning from this event. I further state that I am in proper physical condition to compete in this event.

SIGNED: _____ **DATE:** _____

PARENT OR GUARDIAN IF UNDER 18 _____ **DATE:** _____