

★
2018
ISLAND ROAD RUNNERS
5K
★
8K
MEMORIAL DAY RUN
GROSSE ILE. MI
★

MAY 28, 2018

★ CERTIFIED 5K & 8K COURSES ★

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



R.L. COOLSMA Construction Co.
Contractors



Southgate

SOUTHGATE
FOOT & ANKLE CENTER
DR. DANIEL ZAHARI
(734) 285-4200

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 26.
\$30 By Saturday, May 19
\$35 May 21-26 at Total Runner
\$40 Race day registration at Grosse Ile High School

Late Registration and Packet Pick-Up: At Total Runner, 15265 Dix-Toledo Road, Southgate, May 21-26 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 & RAFFLE:
Begins at 10:15 a.m. Raffle prizes to registered runners – must be present to win.

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

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
Get a Quality Long-sleeved T-Shirt With Your Registration!
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

ENTRY BLANK

*ONLY ONE RUNNER PER APPLICATION, PLEASE

Register Online at islandroadrunners.com or 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 5-28-18 _____

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, 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 _____ **X** _____
Signature (Runners and non-runners must sign waiver.) (Parent's signature if under 18 years.)

For Official Use _____ Date Rec'd _____ Amount Paid _____ Source _____



Michael Perry Building Co.
(734) 216-6304



Beaumont

