



MEMORIAL
5K * 8K DAY RUN

MAY 25, 2020

★ CERTIFIED 5K & 8K COURSES ★

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



DETROIT GRADALL
TRENTON, MICHIGAN
(734) 675-8886



Southgate

**ATHENS PODIATRY
GROUP**



R.L. COOLSMA Construction Co.
Contractors



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 23.

\$30 By Saturday, May 16
\$35 May 18-23 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 18-23
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



Michael Perry Building Co.

(734) 216-6304



313-382-6400

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

ENTRY BLANK

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



2020 RRCA State Championship Awards
8k Race Only
Male and Female – Overall, Master,
Grand Master and Sr Grand Master

NAME _____ DATE OF BIRTH _____

ADDRESS _____ AGE ON 5-25-20 _____

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 _____

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. till 9

Packet Pickup:

Corktown • March 15, 2020
Turkey Trot • November 26, 2020

Sponsored

Memorial Day • May 25, 2020
Polly Ann Trail Run • June 6, 2020
Michigan Outback Relay • July 17-19, 2020

Visit totalrunner.com or visit us on Facebook

RACE 
TIMING SERVICES

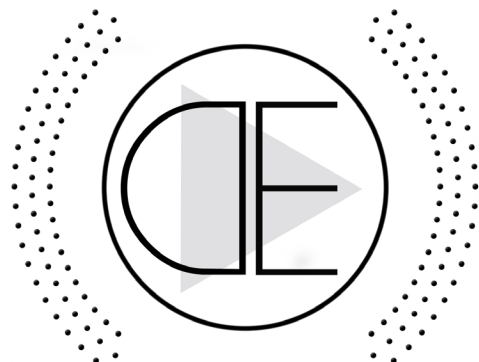
www.racetimeservices.com

*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,
go to islandroadrunners.com
or like us on Facebook*



DOWNRIVER ENTERTAINMENT



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*Special Thanks to Contributing Sponsors:
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Serve Those
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Served!**

www.DownriverForVeterans.org