

# ALL TRAIL HALF MARATHON, 10K, 5K



8:15 AM    Worship Service  
 Rev. Tina Velthuisen    Non-Denominational  
 9:00 AM    **Half Marathon**  
 9:30 AM    **10k Run & Walk**  
 10:00 AM    **5k Run & Walk**  
 10:05 AM    1k Kids Fun Run (free)

## RUN OR SPORT WALK A FANTASTIC COURSE!

This non-repeat, all trail course located in the 820 acre Dr. T. K. Lawless County Park is a hidden gem in the beautiful southwest Michigan. This natural scenic odyssey of forest and field includes 6 charming bridge crossings, lots of streams and small lakes, and, of course, some hills. Sandhill Cranes do frequent this bucolic area, adding charm to the course – take it as a *good omen* if you see one during your race.

- Dynamite custom design *long sleeve performance* T-shirts to all finishers. (Register by **OCT 9** to guarantee shirt on race day – **AFTER OCT 9** sign up *only* ONLINE or AT RACE **8:00-8:45am**)
- Laser cut custom wood award for top two finishers and medals for third in each age group.
- Water and sport drink on the course and a great re-hydration station at the finish featuring fruit, sport drink, Popsicle, potato chips, homemade cookies and water.
- Chip timing for 5k, 10k and ½ Marathon (Chip timing will close at Noon - course open to 2:00PM)
- Music DJ at start and finish, and two music stations on the course to inspire participants.
- Finishers in all races from Cass County, Niles and the Granger area will be listed in an *HONOR ROLL* in the appropriate newspapers.
- Race benefits the **Cass County Parks** and the **Dowagiac Rotary Club**
- **No parking fee!**[15122 Monkey Run Street, Vandalia, MI 49095]



**3 WAYS TO REGISTER:    ONLINE ~ MAIL ~ RACE DAY**

REGISTER ONLINE AT: **RunSignUp.com**

----- CLIP and MAIL below -----

### SANDHILL CRANE 10/18/2020 MANUAL ENTRY FORM (PLEASE PRINT CLEARLY)

NAME: \_\_\_\_\_ GENDER (CIRCLE ONE): M F Age: \_\_\_\_ (on race day)

MAIL ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ST: \_\_\_\_ ZIP \_\_\_\_\_

CELL/CONTACT PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

RACE (CIRCLE ONE): ½ **Marathon** **10k** **5k** T-SHIRT SIZE (CIRCLE ONE): (S, M, L, XL, XXL)

RACE FEES: Mail In entry fee \$25. OR \$30 after OCT 9 (ONLINE & RACE DAY ONLY)

ENCLOSED is check for: \_\_\_\_ \$25 postmarked by SEP 29 (last day to mail it in)

PAYABLE TO: **The Friends of Cass County Parks** (note *Sandhill Race* on comment line)

MAIL TO: **The Friends of Cass County Parks, P.O. Box 131, Cassopolis, MI 49031**

**FILL ALL INFORMATION: including, gender, age, T-shirt size & race choice**

