

# ALL TRAIL HALF MARATHON, 10K, 5K



SUN  
OCT  
24,  
2021

A GREAT  
PURE MICHIGAN  
ALL TRAIL COURSE!

8:15AM **Worship Service**  
Non-Denominational, Rev. Tina Velthuizen  
9:00 AM **Half Marathon**  
9:30 AM **10k Run & Walk**  
10:00 AM **5k Run & Walk**  
11:00 AM **1k Kids Fun Run**  
FREE, Ribbons to all finishers

## RUN OR SPORT WALK A FANTASTIC ALL TRAIL 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 six 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 16** to guarantee shirt on race day – **AFTER OCT 16** 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!** [Lawless Park, 15122 Monkey Run Street, Vandalia, MI 49095]



**3 WAYS TO REGISTER: ONLINE ~ MAIL ~ RACE DAY**  
**\$25 Early/\$30 after OCT 16 REGISTER ONLINE: RunSignUp.com**

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

### SANDHILL CRANE 10/24/2021 MANUAL ENTRY FORM (PRINT CLEARLY ALL INFORMATION)

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 (\$30 after OCT 16 but register online or race day).

ENCLOSED: Check no. \_\_\_\_\_ for \$\_\_\_\_ postmarked by OCT 16 (*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**

