



LAKE CITY ATHLETIC BOOSTERS GREATEST 4TH IN THE NORTH 10K & 5K Run/Walk Fun Run JULY 4TH, 2019

RACE	DISTANCE	START TIME	EARLY ENTRY FEE	ENTRY FEE
			<i>Mail in before 07/02/19</i>	<i>After 07/02/19</i>
2K	1.24 MILES	7:30 A	\$5	\$5
5K	3.1 MILES	7:50 A	\$30	\$40
10K	6.2 MILES	7:45 A	\$30	\$40

COURSE: A fast, basically flat course with gentle hills through scenic woodlands and along beautiful Lake Missaukee. Walkers please stay to the right of road to let runners by.

REGISTRATION: Registration will take place at the City Park in downtown Lake City from 6:00 a.m. until race time on July 4th. 10K and 5K participants will receive t-shirts. Pre-race pickup will be July 3rd at City Park from 6 to 8 p.m. Registration will be available also during this time. Timing by Everal Race Management using the B-Tag (disposable chip) **YOUR TAG MUST BE WORN TO BE SCORED.** Register at www.lakecitymich.com, www.everalracemgt.com or <https://everalracemgt.enmotive.com/events/register/2019-greatest-4th-in-the-north> **Early Registration ends July 2nd, 2018.**

AWARDS: Trophies will be awarded to the overall male/female 5K & 10K finishers. First, second and third place medals will be given to male/female 5K & 10K finishers of all age groups. Shirts will be given to the first 500 participants. Fun Run – no shirts.

RESULTS: Full results will be posted following the race at the City Building Garage, and online at www.runmichigan.com, www.everalracemgt.com. Awards will be presented after the race. Awards must be picked up the day of the race at awards presentation.

REFRESHMENTS: Provided after the race courtesy of several area merchants

AGE GROUPS Age groups are for both men and women for all competitive events:

10 and under	20-24	35-39	50-54	65-69
11-15	25-29	40-44	55-59	70 and up
16-19	30-34	45-49	60-64	

MAIL EARLY REG FORM & FEES TO:

**LAKE CITY ATHLETIC BOOSTERS
P.O. BOX 78, LAKE CITY, MI 49651**

\$30 BEFORE JULY 2ND / \$40 AFTER JULY 2ND, 2019



Name: _____ Sex: M F Age on race day: _____

Address: _____ City/State/Zip: _____

Email: _____ Shirt Size: Small Medium Large X-Large

Race: 10K RUN 5K RUN/WALK 2K FUN RUN

I hereby release the Lake City Athletic Boosters, the Lake City Chamber of Commerce, race coordinators, personnel, & sponsors of all liabilities due to injury or damage incurred traveling to, during or traveling from this event.

Runner's Signature

Parent/Guardian Signature (If Runner is under Age 18)