

Elk Rapids Harborun
 Saturday, August 3, 2019
 10k Run & 5k Run/Walk & Fun Run
 Veteran's Memorial Park
 Elk Rapids, MI



Race Start Times: FUN RUN at 8:00 AM (must sign waiver)
 10 K - RUN at 8:30 AM
 5 K - RUN/WALK at 8:30 AM

Proceeds Support the Elk Rapids Schools Athletic Programs

1. Select Race 10K Race 5K Race 5K Walk
2. Name (First, Last) _____ 3. E-mail address _____
- Address _____ 4. Phone _____
- City, State, Zip _____
5. Select Shirt Size: S M L XL XXL
6. Select Gender: Male Female 7. Date of Birth _____ Age as of 8/3/19 _____

AGE GROUPS: <11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70's, 80+

Entry Fees for 10K run & 5K run/walk

- Online Registration (until midnight on August 1): <https://www.athlinks.com/event/harborun-2019-239237> \$25.00
- Registration by mail - IF Postmarked by July 29: \$25.00
- Send completed form and check or Money order payable to:* Harborun PO Box 770
 Elk Rapids, MI 49629
- Friday, August 2 from 5:30 PM TO 7:30 PM at Veterans Memorial Park \$30.00
- Saturday, August 3 from 7:00 AM TO 8:00 AM \$35.00

**Race packets can be picked up at Veterans Memorial Park Friday, August 2, from 5:30-7:30 pm or Saturday, August 3, from 7:00-8:15 am.

**Shirts provided to first 1000 runners and then available while supplies last.

Awards to:

- * Overall male & female for 10K & 5K run (under age 50) * Masters award to overall male & female for 10K & 5K (age 50 and above)
- * Medals to top three per age group male & female for 10K and 5K * **No awards for the 5K Walk or the Fun Run**

Results Provided By: Newton Timing This is a Chronotrack Systems timed race

Release, Waiver of Liability, Assumption of Risk:

In consideration of the acceptance of my application for the Harborun 10k run and 5k Run/Walk, I hereby release the sponsoring groups, companies, individuals and other entities, as well as Elk Rapids Harbor Days Association, the Village of Elk Rapids, and its affiliates, Elk Rapids Harborun, its officers, directors, agents, contractors, helpers and volunteers, the Harborun Committee and its participants and members, and the agents, employees, servants, assistants and contractors of all of the above, and any person or official connected with this event from any liability for any injuries or damages arising from my participation. I acknowledge that my participation is voluntary and may involve the risk of bodily injury or property damage. I assume and accept full responsibility for any bodily injury or property damage that may arise out of or related to this activity, whether caused by negligence of the released or otherwise. I certify that I have health, accident and liability insurance to cover bodily injury or property damage that I may cause or suffer while engaging in this activity. I represent that if the Participant is under 18 years of age, the under signed is the parent or legal guardian of Participant and has full legal capacity and authority to enter into this agreement on behalf of the Participant OR if Participant signed on his/her own behalf, Participant is at least 18 years of age.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I, ON BEHALF OF MYSELF OR PARTICIPANT, HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENTS, ASSURANCES OR GUARANTEES BEING MADE AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT OF THE LAW.

Signature _____ Date _____ Check box if Participant is a Minor