



Manistee Firecracker 5K

5K Run / Walk & 1K Fun Run

Saturday, July 6th, 2024

Start Times: 8:00 am 1K Fun Run 8:15 am 5K Run / Walk Location: Manistee MS/HS 525 12th St. Manistee, MI Entry Fees: 5K - \$27 by June 29th 1K Fun Run - \$17 After June 29th 5K - \$32 / 1K - \$22 Online Registration: 5K - \$25 / 1K - \$15 michianatiming.com Course: The rolling 5K course enjoys a scenic loop through some of our neighborhoods and a view of the beach, with start & finish at Manistee MS/HS	Packet Pickup & Race Day Registration: 6:45 am to 7:30 am Awards: Awards Ceremony will take place immediately following the 5K race Categories: • Overall First Place 5K Male and Female in the run/walk • Overall Male and Female Masters (40+) division in run/walk • Top 3 Male & Female in each age group get awards • All fun runners get a medal and T-shirt! Age Divisions: 16 age group categories for men & women in the 5K run/walk: 10-under, 11-13, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75-up	T-Shirts: All entrants receive a 100% cotton specially designed T-shirt. Sizes are NOT guaranteed to late registrants. Runners' Tech Shirts! Specially designed shirt made from wicking material. Add \$5 to your registration. Shirts can be picked up the day of the race at the packet pick-up. Donations: Proceeds from the race support the Manistee Area Track Supporters in their efforts to maintain our new community track. Extra pledges above your entry fee would be greatly appreciated and can be tax deductible. Chip Timing: Provided by Michiana Timing Online Information: runmanistee.blogspot.com
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Register on-line at michianatiming.com or send entry form with check payable to:

Manistee Firecracker 5K Run c/o Manistee Recreation Association, 50 Filer St. Suite D, Manistee, MI, 49660

Name: _____ Gender: M / F Age(on July 6) _____

Address: _____ City: _____ State: _____ Zip: _____

Phone Number: _____ E-mail: _____

Event: ☐ 1K Fun Run (\$17)* ☐ 5K Run / Walk (\$27)* ☐ TECH SHIRT (add \$5 – regular registrants get cotton T's)
*Add \$5 after June 29th

T-Shirt Size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL (add \$2) ☐ Youth S ☐ Youth M ☐ Youth L

Additional Donation Amount _____ Total enclosed _____

Release form: I know that running a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I understand that traffic will be controlled but I am ultimately responsible for my own safety. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Manistee Area Public Schools, National Forest Festival officials, Michiana Timing, volunteers, all city, county, and state governments, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature
(this form may be duplicated)

Date

Parent's Signature if entrant is under 18 yrs.

SAVE \$ - REGISTER ONLINE – michianatiming.com