



# NEWAYGO STATE PARK CLASSIC 5K RUN/WALK



## SATURDAY AUGUST 8, 2009

Put the run on those Dog Days of August with a 5K run or non-competitive walk through beautiful Newaygo State Park. The race course takes you on a tour through our rustic campgrounds, down to our boat launch, and through wooded park roads. Runners and walkers alike can enjoy the peaceful, natural beauty of our park and have a great time in the out-of doors.

**RACE TIME:** 9 a.m. Runners and walkers start together

**ENTRY FEES:** Entry to this race is free. Vehicles must have a Michigan State Park Motor Vehicle Permit which can be purchased at the park. Daily permits are \$6 or an annual permit, valid in all Michigan State Parks for the entire year is \$24.

**RACE DAY REGISTRATION:** Begins at 7 a.m. AM EDT and concludes at 8:45 a.m. Registration forms can be mailed in or simply register on race day. Registration will be at the park headquarters, the first driveway to the left past the park entrance sign.

**AWARDS PRESENTATION:** 10:30 a.m. The awards presentation will be held at the start/finish line.

**AWARDS:** T-shirts to the first 50 entrants. First, second, and third place medals will be awarded to the top three runners in each age group.

**AGE BRACKETS :** 5 and under, 6-8, 9-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

**NOTE LOCATION:** Take Exit 125 (Morley Exit) from highway U.S. 131, 5 miles west, following the Newaygo State Park signs. From Newaygo take Croton Drive east, following the Newaygo State Park signs.

Contact person: Wayne Coleman, Newaygo State Park, 2793 Beech Avenue, Newaygo, MI, 49337  
Phone: 231-856-4452

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T-SHIRT SIZE S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

Name \_\_\_\_\_ Age on race day \_\_\_\_\_ Sex: Male \_\_\_\_\_ Female \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Race: 5K \_\_\_\_\_ Walk \_\_\_\_\_

E-mail address: \_\_\_\_\_

In consideration of acceptance of my entry, I hereby waive and release any of the sponsors, groups, officials, state and local government and attendants for any and all injuries suffered by me at said Newaygo State Park Classic 5K, and non-competitive 5K walk. I attest and verify that I am physically fit and sufficiently trained for the competition of this event. Further, I hereby grant permission for the use of my name and any photographs, videos, or other records of my participation in this event for publicity without obligation or liability to me.

Signature \_\_\_\_\_ (parent or guardian if minor)

For Office use: Race Number: \_\_\_\_\_

The Michigan Department of Natural Resources (DNR) provides equal opportunities for employment and access to Michigan's natural resources. Both state and federal laws prohibit discrimination on the basis of race, color, national origin, religion, disability, age, sex, height, weight or marital status under the U.S. Civil Rights Acts of 1964 as amended, 1976 MI PA 220, Title V of the Rehabilitation Act of 1973 as amended, and the 1990 Americans with Disabilities Act, as amended.

If you believe that you have been discriminated against in any program, activity, or facility, or if you desire additional information, please write: Human Resources, Michigan Department of Natural Resources, PO Box 30028, Lansing MI 48909-7528, or Michigan Department of Civil Rights, Cadillac Place, 3054 West Grand Blvd, Suite 3-600, Detroit, MI 48202, or Division of Federal Assistance, U.S. Fish and Wildlife Service, 4401 North Fairfax Drive, Mail Stop MBSP-4020, Arlington, VA 22203