



11th Annual "Warrior Run" Thursday, July 4, 2019 10k Run and 5k Run/Walk

Location: The start and finish for both races will be at the Fife Lake Elementary School.

Time: Both races begin at 8:00am.

Course: The 10k is primarily a flat course with a few short hills and one short stretch of gravel road. The course follows along the shoreline of Fife Lake and takes you through many gorgeous sites. The 5k run/walk will take you through the streets of downtown Fife Lake where all the July 4th events will be taking place.

Aid Stations: There will be well-stocked water stations in both races. Refreshments will be available after the end of each race at the Fife Lake Elementary School.

Awards: Men's and women's overall: Top three (3) in each age group.

Cost: Pre-registration due **BEFORE June 27th - \$20.00** Late registration - \$25.00

T-Shirts: Guaranteed to all pre-registered participants. Shirts available for late registers and day of event registration will be based on a "first come, first served". Size and quantity guaranteed only to pre-registered participants.

Questions: For any questions or concerns, please call: John Ensing (231) 878-1211

Please mail form and fee to :John Ensing, 438 State St., Fife Lake, MI 49633

All proceed support the Forest Area Track & Field Team and Volleyball Team

Name: _____ **Phone:** _____

Sex: M / F **Age:** _____ **Circle one:** 10k 5k 5k walk **Shirt Size:** _____

Street Address: _____

City: _____ **State:** _____ **Zip:** _____

Please make checks payable to: Forest Area Community Schools

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, waive and release forever any and all my rights for claims and damages I may accrue against Fife Lake or Forest Area Community Schools or the sponsors of The Warriors Run. Including but not limiting to: shin splints, torn hamstrings or quadriceps, fractured ankles, head trauma due to dehydration, West Nile from the exceptionally large grizzly mosquitoes on Lake Shore Drive, or any other injury I may suffer from this horribly long and hill induced race around Fife Lake.

Participant Signature: _____ **Date:** _____

Parent/Guardian Signature: _____