



2020

SAINT IGNACE ROCK & RUN

10K & 5K RUN/WALK

Please complete one registration form for each participant.

When: May 16, 2020 – Pre-registration 7:30am
10k Race begins 9:00am, 5k run/walk begins at 9:10am

Where: Star Line Railroad Dock – 253 S. State Street, Saint Ignace, MI 49781

Registration:

10k Run

* \$30.00 (1/1/19 thru 3/31/19)
* \$35.00 (4/1/19 thru 5/16/19)
**Participants must complete the Half
Marathon by 11:30am**

5K Run

* \$25.00 (1/1/19 thru 3/31/19)
* \$30.00 (4/1/19 thru 5/16/19)

5K Walk

* \$25.00 (1/1/19 thru 3/31/19)
* \$30.00 (4/1/19 thru 5/16/19)

Awards: Overall Winners, Age Groups for the 10K and 5K Runners and Walkers

First Name _____ Last Name _____

Street Address _____

City _____ State _____ Zip Code _____

Date of Birth ____/____/____ Age (on race day) _____ Male / Female (circle one)

E-Mail _____ Phone Number _____

Select Race (check one) 10K Runner 5K Runner 5K Walker

Shirt Size (circle gender and size) Men's / Women's S - M - L - XL - XXL (+ \$2.00)

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risk associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release Mackinac Straits Health System, Mackinac Straits Health System Foundation, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further, I grant to all of the foregoing, the right to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Entry Signature _____ Date _____

Parent Signature (required of entrants under 18) _____ Date _____

Emergency Contact _____ Phone _____

Checks can be made payable to MSH Foundation.
Mail registration forms to MSH Foundation, 1140 N. State Street, Saint Ignace, MI 49781

