Run Michigan Cheap Series

Ionia Edition

August 8, 2020 at Fred Meijer Grand River Valley Rail-Trail

309 W. Adams St. Ionia, MI 48846

Registration: 6:45-7:45am **Race Time: 8:00am**

Registration Fee:

Dates	5K	10K	Half
Until 7/7	$20	$25	$30
7/8 - 7/31	$25	$30	$35
8/1 - Race	$30	$35	$40

Forms must be received by 8/1

All preregistered (by 8/7) will receive a t-shirt and all finishers will receive a medal

T shirts may be available for purchase day of race for $7

T- Shirt Size: Small Medium Large XLarge

Race (Circle One): ½ Marathon 10K 5K 5KWalk

Age : _____ **Male Female**

Name:_____

Address:_____

Email:_____ Phone:_____

I know that running a road is a potentially dangerous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race, whether due to the effects of weather, including high heat and /or humidity or risk to my own health. I acknowledge the risk of running a road race with regard to traffic and road conditions. I have read this waiver; I know the risks and challenges of running/walking in a road race. I, for myself and anyone entitled on my behalf, waive and release Frank Race Management and any person officially connected with this event from all claims of liability of any kind out of my participating in this event. I agree to additional policies stated on runmichigancheap.com.

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Participant and/or parent signature if under 18 of age (please submit an entry form for each participant)

Make payment to: Frank Race Management (Please include phone & Driver's License Number)

506 W 5th St
Clare, MI 48617

runmichigancheap@gmail.com
runmichigancheap.com