



LEIF'S RUN

Timed 5k & 10k Runs, & Free 2.5 mile Fun Run/Walk

Norway, MICHIGAN - www.norwaymi.com

Sunday, October 13, 2019

10:00 am cst 5k & 10k

10:10 am cst 2.5 mi fun run/walk

Info and registration form at www.uprrc.org

Course: All races start and finish near the Marion Park large pavillion. Please park on the soccer fields (tennis court road). The 5K & 10k courses are flat and follow asphalt paths, except for one 800 meter stretch over gravel trail. The 10k is an out & back that continues on Kimberly Rd. Times for 5k & 10k participants only.

The 2.5 mile walk is mostly on asphalt and will begin after the runners clear the park entrance. Three wooden plank bridges are in the Myr section of the event. No registration.

Registration/Race Day check-in: See below for fees. Race day registration/check-in—Marion Park pavillion on Route 8. 9 am to 9:45 am cst. Allow for extra time.

Awards: Awards presented immediately after the race. Award winners of both 5K and 10K races, male and female and age group winners. Our age groups are: under 14; 15-19; 20-29; 30-39; 40-49; 50-59; 60 and over

In conjunction with the
Leif Erikson Fall Festival
October 11-13, 2019, norwaymi.com

Map available race day, or by request.

Leif's Run Official entry form

Mail entry along with your check made out to: Leif's Run, 626 Iron St, Norway, MI 49870

One individual per entry. Please make copies of this form. Forms available at: UPRRC.org, norwaymi.com, leiferiksonfest.com, area businesses & schools

PRINT NAME _____

EMAIL _____ **PHONE** (____) _____

ADDRESS _____

BIB # _____

CITY, STATE, ZIP _____

EVENT: 5k 10k **SHIRT SIZE:** Adult Unisex: S M L XL XXL ***Complete only if paying for shirt***

GENDER: Male Female **AGE ON RACE DAY:** ____ **BIRTHDATE:** ____/____/____

REGISTRATION FEE:

Please circle your fee

5k & 10k UP Road Runners Club member
5k & 10k Non-UPRRC member
5k & 10k Runner

No registration for 2.5 Mile Run/Walk

EARLY

Post Marked **BY 10/8/2019**

\$13 (incl. shirt)
\$15 (incl. shirt)
\$ 5 (no shirt)

Regular

\$18 (incl. shirt)
\$20 (incl. shirt)
\$10 (no shirt)

(UPPR members may deduct)



Check Amount: \$ _____ (Sorry, no refunds) Questions? Dennis Lynch, race director, 906 221-0966 or selfbow@hotmail.com

In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my heirs, executors, and administrators, hereby release Leif's Run, and any other individuals who are in any way connected with this event (including volunteers assisting with the event), from any liability or claims for injury or illness that I may suffer as a result of my participation, and acknowledge this release is being relied upon by the above persons in permitting me to participate. I grant permission to all the foregoing to use photographs, motion pictures, videotapes, or any other record of this event for legitimate purposes.

SIGNATURE _____ DATE _____

COSIGNATURE _____

By parent or guardian if applicant is under 18 years old