

The Lumberjack 5k

WoodStar Forestry

Event sponsor

TRAINING MASK

Event sponsor

This area of Michigan has a long history in the lumber industry. The men who worked in this dangerous profession were renowned for their physical abilities. Those abilities are still alive and well in the men and women of Northern Michigan. This isn't your everyday 5k event. Runners will complete a 1 mile loop within town three times. After each loop runners will have to complete a test of their strength involving 2-4", 5-15lb logs. The logs will be held while athletes both squat as well as perform burpees or down ups. The final test of strength will involve carrying 10 pieces of split wood approximately 50' and stacking them. **100% of proceeds go directly to the Manton Track & Field teams as well as the Manton Backpack program.**

Date: Saturday, January 10th

Time: 10:00 Start

Location: Manton High School

Cost: \$15 per adult
\$10 19 and under

T-shirt: +\$5

Age Division Medals:

Top 3 per division

> 6, 7-8, 9-10, 11-12, 13-15

16-18, 19-24, 25-29, 30-39

40-49, 50-59, 60-69, 70 & Up

1st Place Overall Male & Female will receive an Elevation TRAINING MASK

The two runners that collect the highest pledge amounts will also receive a **TRAINING MASK.**

Awards ceremony: Upon completion of your race you are invited to head inside to enjoy a traditional Lumberjack meal, homemade chili and cornbread. Water and chocolate milk will also be provided free of charge.

**Runners may bypass the strength exercises, however a 2 minute penalty will be applied per event pit stop.*

MANTON

Name: _____
First and Last

Address: _____

Email: _____
This will not be sold and will only be used for race updates and results

Gender: _____
M or F

Age: _____
On race day

T-shirt Size: _____
(S, M, L, XL)

**Leaving the T-shirt size blank will save you \$5 but you will not receive an awesome long sleeve Lumberjack T-shirt 😊*

ONLY PRE-REGISTERED RUNNERS ARE GUARANTEED Custom Long sleeve T-shirts
Mail yours in today!!!

Disclaimer:

In consideration of this entry being accepted, I hereby for myself, my heirs, executors and administrators, waive the release any and all right and claim for damages that I might have against the sponsors, the Village of Manton, Manton Schools, WoodStar Forestry, and all persons officially connected with this event, for any and all injuries suffered by me in traveling to and from and while participating in said event. I attest and verify that I will participate in this even as a footrace entrant, that I am physically fit and have sufficiently trained for the completion of this event. I also fully understand that this is Northern Michigan, the race course may not be plowed and that a snow covered and packed course is a part of this event. Further, I grant full permission to any and all of the foregoing to use my likeness for any purpose whatsoever.

Signature of participate

Date

Signature of parent or guardian is participant is under 18

Date

Mail your registration to:

Jeff Harding
2017 N. 41 ½ Rd.
Manton MI 49663
jharding@mantonschools.org

5K

LUMBERJACK

If you would like to donate additional dollars to either program, please feel free to do so! Simply fill out the form below, thank you!!

Not everyone is up to completing such a demanding event as the Lumberjack 5k but would like to help our area kids. For those interested we're also holding a fund raising competition. Donations or pledges can be made to either the Manton Track & Field teams or to the Manton Backpack program. The backpack program helps Manton area families with children by giving them some additional food over weekends. The runners that collect the highest two donation amounts will receive either an ELEVATION TRAINING MASK. Those wishing to make a donation by check should make out their checks to either Manton Backpack Program or Manton Track & Field.

1. _____ Name of Charity: _____ Amount: _____
Name of Donor (Backpack or Track Team)

Address if you'd like a receipt for tax purposes

2. _____ Name of Charity: _____ Amount: _____
Name of Donor (Backpack or Track Team)

Address if you'd like a receipt for tax purposes

3. _____ Name of Charity: _____ Amount: _____
Name of Donor (Backpack or Track Team)

Address if you'd like a receipt for tax purposes

4. _____ Name of Charity: _____ Amount: _____
Name of Donor (Backpack or Track Team)

Address if you'd like a receipt for tax purposes

5. _____ Name of Charity: _____ Amount: _____
Name of Donor (Backpack or Track Team)

Address if you'd like a receipt for tax purposes

6. _____ Name of Charity: _____ Amount: _____
Name of Donor (Backpack or Track Team)

Address if you'd like a receipt for tax purposes

7. _____ Name of Charity: _____ Amount: _____
Name of Donor (Backpack or Track Team)

Address if you'd like a receipt for tax purposes

8. _____ Name of Charity: _____ Amount: _____
Name of Donor (Backpack or Track Team)

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5K

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