



Saturday June 25th 2016

7:30 am

Individual & Team 26.2

Individual 13.1, & 5k

USATF Certified
 13.1 MI 13043 SH
 26.2 MI 13046 SH
"Fastest course in the State!"



Presented by and 100% of proceeds

GO TO

Manton Cross Country

RACE SWAG PROVIDED BY:

T R A I N I N G M A S K

Mail to: Jeff Harding 2017 N. 41 1/2 Rd. Manton MI 49663

Save \$5 & Register On-line @ michianatiming.com

Check us out on Facebook

USATF Course Certification paid for by:

Advanced Foot and Ankle Centers



DATE: Saturday, June 25, 2016

TIME: 7:30 a.m.

START: On Lake St. by the Cadillac waterfront Pavilion/Park, or one block West of the Cadillac 5 movie theater.

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 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 event as a footrace entrant, that I am physically fit and have sufficiently trained for the completion of this event. Further, I grant full permission to any and all of the foregoing to use my likeness for any purpose whatsoever. Emails will not be sold.

Signature of each team member:

(Parent or guardian if participant is under 18)

1. _____

Date

2. _____

Date

3. _____

Date

4. _____

Date

Emails: (optional) Will receive race day info.



(Last year's T-shirt design)

Date & Time: Saturday June 25th 2016
Start @ 7:30 a.m.

Start: Runners and spectators will be bussed from the registration area on Lake Street to their respective starting lines on Chestnut St. The 5k will start on Lake Street.

Registration: Friday night: 4:00–7:00 pm at the Cadillac Area YMCA. Saturday morning: 6:00 am at the water front Pavilion on Lake St. in downtown Cadillac.

Course: Runners will travel around Lake Cadillac in a counter-clock wise direction using a combination of paved walkways and open roads to complete the 6.9 mile distance per lap. Course provides for spectator views of Lake Cadillac. The 26.2 & Individual 13.1 mile course are USATF certified.

Finish Line / Exchange Zones: All exchanges and finish lines share a common line on Lake Street, which will be closed down on race day.

Relay Information: Teams can be made of up of two to four members. Relay categories include both gender and age divisions. Teams electing to use fewer than 4 runners will have their average age substituted in for their missing runner(s). CO-ED teams may have any combination of males & females. Incoming runners must tag/touch their team's outgoing runner. Distance for relay legs are; 5.5, 6.9, 6.9, 6.9.

Individual Race Info: in addition to team entries for the 26.2 mile event there are individual categories for the 26.2, 13.1, & 5k races.



AWARDS: Medals will be given to 1st and 2nd place teams in all relay category & age division. Individual races will receive medals for the first three places in each age division. Everyone who completes the 13.1 & 26.2 races will receive "Finisher" medals. Awards can be picked up at our awards tent approximately 30 min. after completion of your race.

NEW FOR 2016 !!!

Trophies for the top Male, Female, and Master Runner
In the individual 26.2 & 13.1 races.

REGISTRATION: Pre-registration must be received by May 31st or will charged a \$5 late fee. Those registering day of the race will be charge an additional \$10 instead of the standard \$5 late fee. Also, anyone registering after May 31 isn't guaranteed a 2016 T-shirt. Prior year's shirts will be available.

Individual 5k: \$30 **Individual 26.2:** \$40
Individual 13.1: \$35 **Relay Teams:** \$120

**Or \$30 per person for teams with >4 runners
Runners 18 & under receive a \$5 discount.
All prices go up by \$5.00 per runner after May 31st.*

CATEGORIES & DIVISIONS: Add total age of team members. Teams with fewer than 4 runners will have "ghost" runner(s) age added to their team to determine which division they will compete in. Ghost runners will be the average age of the other team members. **INCREASED AGE DIVISIONS FOR 2016 !!!**

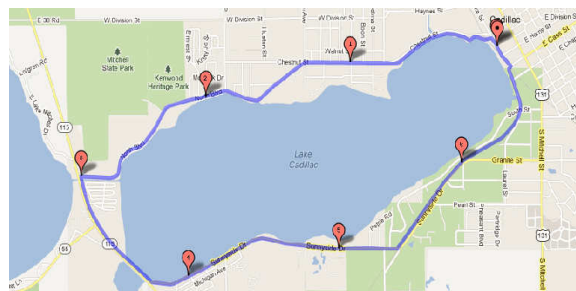
MALE & FEMALE INDIVIDUAL 5k, 13.1, & 26.2

7 & +, 8-9, 10-12, 13-15, 16-18, 19-24
25-29, 30-34, 35-39, 40-44, 45-49, 50-54
55-59, 60-64, 65-69, 70-74, 75-79, 80 & +

RELAY DIVISIONS & AGE GROUPS: CO-ED, Male, & Female

0 - 72 73 - 100, 101 - 125, 126 - 150
151 - 175, 76 -200, 201 - 225, 226 & Up

Porta Potties available at the registration area and at the starting area for the 26.2 mile relay / individual 26.2 mile races.



- CHECK ALL THAT APPLY -

26.2 Relays: MALE FEMALE COED

Individual Races: MALE FEMALE

Distance: 26.2 13.1 5k

Age Group: _____

Relay Name: _____

T-shirts sizes: YL, S, M, L, XL, XXL

T-shirts and size are only guaranteed for those registering by May 31st
Or Write "NONE" & save \$10 per runner

1. _____ Circle one
M or F _____
Name Age T-shirt Size
2. _____ M or F _____
Name Age T-shirt Size
3. _____ M or F _____
Name Age T-shirt Size
4. _____ M or F _____
Name Age T-shirt Size

Telephone #: _____

E-mail Address: _____

Mail Entry to: Jeff Harding
2017 N 41 1/2 Rd
Manton, MI 49663

Or register on-line @
michianatiming.com/registration

Make checks payable to : Manton Cross Country
For race information call: (231)-920-1951 or email jeff@hardracingevents.com
jharding@mantonschools.org

Stay up to date on all race details on our Facebook group
@ Lake Cadillac Team Marathon+
CHIP TIMING BY: MICHIANATIMING.COM

