



Manitou Beach Cinco de Mayo 5K Run/Walk

Sponsored by **NUTRITION BEACH** (Follow us on Instagram and Facebook)

When: Sunday, May 2nd @ 9 a.m.

Where: In the newly renovated Manitou Beach Village
across from the Sand Bar Cafe' and The Buoy
(135 Devils Lake Hwy, Manitou Beach MI 49253)

Race Day Registration: 8-8:45

5K Run/Walk: 9 a.m.

Awards given within the finish Chute

\$25 Entry Fee before April 20th (\$30 April 21-race day)

Funds will benefit the Cross-Country and track & Field Programs

****Please make checks payable to Addison Community Schools**

Mail registrations to: Shane Morse 6868 Jerome Rd, Jerome MI 49249

Or drop off @ Nutrition Beach 140 Lakeview Blvd Manitou Beach (behind Michigan Gypsy)

****Festive Cinco de Mayo attire is welcome :)**

The race will start and finish on Walnut Street

Age-Group Awards:

To avoid large gatherings

Awards will be given in the Finish Chute

- Overall, First Place Male & Female
- First Place Master (40+) Male & Female
- First 3 Males & Females in age groups: 11 and under, 12-15, 16-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, over 70

*****COVID-19 Guidelines – ALL MDHHS orders will be followed. Due to Covid-19, we had to cancel our 2020 event. Please abide by the restrictions that are in place at the time of the Race. We will E-mail all participants the week before the event to give them our COVID Race update/plan. We do not plan on taking this race virtual unless absolutely necessary.**



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Registration Form: (Please return with your payment)

Name: _____ Circle One: Male Female

Address: _____ Phone: _____

Age on Race Day: ____ Date of Birth: _____ Email Address: _____

T-shirt size: (Please circle) Adult: S M L XL XXL **Child:** S M L XL

Waiver: Running a road race involves risks of serious injury. Holes and other surface defects exist in the course. Motorists, cyclists, pedestrians and animals may accidentally or deliberately create hazards. Also, the physical strain of a long-distance run can lead to serious health problems. I have read the above and understand this statement and agree to assume all risks of personal injury or other physical or emotional ailment. I hereby waive all liability claims against the Village of Manitou Beach, Addison Community Schools, Nutrition Beach and all other sponsors.

Signature

Parent Signature (if under 18)

Donation: \$_____ additional donations are always welcome. Our athletes thank you in advance.

Thank-You For Supporting Addison Cross Country
and Track & Field Programs