

Onekama Lions

ONEKAMA DAYS 5K RUN/WALK & 1 MILE FUN RUN

Saturday, August 3, 2024

Start Times:

8:30am 1 Mile Fun Run

9:00am 5K Run/Walk

Place:

Onekama Village Park

Awards:

Awards will take place immediately following 5K race.

T-Shirts:

All early registration will receive a t-shirt. Sizes are NOT guaranteed to late registrants.

Categories: Overall Male/Female 5K Master Awards (run only) All 1 Mile Kid Racers receive a medal	Early Registration: by JULY 19 th Mail registration form and fee to: Onekama Athletic Boosters 5016 Main Street Onekama, MI 49675	Optional QR Code to Register: 
Age Divisions: Run 7 & under, 8-9, 10-11, 12-13, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+	Packet pick up & Race Day Registration: 7:00am-8:30am	All proceeds from the race support the Onekama Athletic Boosters!!
Age Divisions: Walk 0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+	Checks payable to: Onekama Lions Club	Course: Flat out and back

Name: _____ **Gender:** M / F **Age:** (on Aug 3th) _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Phone: _____ **Email:** _____

Please check one of the following:

Event: _____ 1 Mile Fun Run (\$15 no t-shirt)
_____ 5K Run (\$30 includes t-shirt) _____ Additional T-Shirt (\$10)
_____ 5K Walk (\$30 includes t-shirt)

T-Shirt Size: __ S __ M __ L __ XL __ XXL (add \$2) __ XXXL (add \$3) __ Youth S __ Youth M __ Youth L

Total Enclosed: _____

Release form: I understand that running a road race is a potentially hazardous activity. I should not enter and anticipate unless I am medically able and properly trained. I understand that traffic will not be controlled, and I am responsible for my own safety. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive and release the Onekama Athletic Boosters, Onekama Lions Club, volunteers, all county, village, and state governments, and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature

Date

Parent's Signature if under 18

For online registration please visit <https://www.eventbrite.com/e/onekama-days-5k-fun-run-2024-tickets-919731290047>