

Montrose Blueberry 8K & 5K Road Races - August 22nd

Start time: 8K runners: 7:30 a.m., few minute delay for walkers
 5K runners: 7:45 a.m., few minute delay for walkers

Registration: online www.blueberryrace.com or mail-in or
 Saturday, August 21, 2010 3 p.m. to 7 p.m.
 morning of the race starting at 6:30 a.m.

Registration Location: Hill McCloy High School gymnasium.
 301 Nanita Dr.
 Montrose, MI 48457

Course: There are two new courses for 2010. Check out the website to see them.

Awards: Run & Walk, 8K & 5K: overall, masters and age groups

Door prizes will also be awarded to runners & walkers. You must be present to win and the door prizes are drawn after the awards. So, stick around for both the runners & walkers awards and then you may get a door prize. Prizes in the past have included gift certificates to businesses, and movie passes. You'll have to stay to find out what this year's are and who wins them.

Family Fitness Time: We are changing up the fitness expo and making it fun. We are going to have games for everyone in the family. Come join us for a fun filled afternoon after the parade on August 21, 2010 from 3 p.m. to 7 p.m.

Volunteers: We need volunteers for both Family Fitness Time and the race. You can help at the registration table or out on the race route. We will need more volunteers with having 2 different distances.

Any questions, please visit www.blueberryrace.com or call 810-449-8340 or email: mandy@blueberryrace.com.

Prior to sending in your registration check the date and see which price category you fall into. The earlier you register the more money you save.

	Jan. 31, to July 31, 2010	Aug 1 to Aug 20, 2010	On Aug 21	On Aug 22
Summer 8K or 5K Run or Walk	\$18	\$20	\$22	\$25
T-shirt	\$10	\$10	\$10	\$10
Pancake Breakfast passes for Aug 2010	\$5	\$5	\$5	\$5

Montrose Blueberry Festival Road Races 2010	Event	Check Or Size	Cost
Checks are to be made out to Montrose Blueberry Festival. Please mail registration to: Montrose Blueberry Road Races 1666 Kile Rd. Metamora, MI 48455.	8K Run		
	8K Walk		
	5K Run		
	5K Walk		
	T-shirt \$10 - S/M/L/XL/XXL (\$2 extra)		
	Pancake Breakfast \$5 each - indicate number of passes:		
	Total Cost		

First Name _____
 Last Name _____
 Address _____
 City, State & Zip _____
 Phone _____
 Email _____
 Birth Date _____
 Chip Number: _____

Waiver of Liability: I know that running is a potentially hazardous activity. I should not run unless I am medically able and properly trained. I assume all risks associated with participation in this event, including but not limited to falls, contact with other participants, and the effects of weather, traffic and road conditions, all such risks being known and accepted by me. In consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators, do release and discharge the City of Montrose, Montrose Township, Montrose Blueberry Festival, Montrose Community Schools and all persons officially connected with the Run/Walk from and against all damages or actions which might arise out of my traveling to, participating in, and returning from this event.

Gender: M F _____ **ATHLETE (OR PARENT, IF UNDER 18) MUST SIGN** _____ **DATE** _____

