



Manitou Beach Cinco de Mayo 5K Run/Walk and Kids 1 Mile Fun Run
Sponsored by NUTRITION BEACH (Follow us on Instagram and Facebook)

When: Sunday, May 5th @ 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

Run: 9 a.m.

Walk: 9:03 a.m.

Kids 1 Mile: 9:45

Awards: 10 a.m.

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

Funds will benefit the Addison Girls' Basketball Team and the Cross-Country Program

****Please make checks payable to Addison Community Schools and mail 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 route will go South on Devils Lake Hwy to Elm past Jerry's Market and onto Main St,
Main St. south to Manitou Road, then Manitou Road west to Rollin Hwy, Rollin Hwy north
to Manitou Beach Road, and then east on Manitou Beach Road back to the finish line on
Devils Lake Hwy**

Age-Group Awards:

Run & Walk (separately):

- **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**
- **Walkers must walk the WHOLE race. This will be peer monitored! If it is reported that you ran, you will not receive an award. If you want to run part of the time, you must register for the run.**



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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)