



Arts & Dash 5K

Kid's Run (1 Mile Challenge)



A Family Fun Run!

8/19/17

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SATURDAY, AUGUST 19, 2017 Race Time = 8:00 AM (KID'S RUN AT 8:45)
121 Randall, Norton Shores, MI –ROSS PARK ELEMENTARY SCHOOL



LET'S JOIN TOGETHER TO SUPPORT FITNESS IN THE LAKESHORE COMMUNITY

CITY OF NORTON SHORES PARKS & RECREATION
THE MONA SHORES CROSS COUNTRY TEAMS!



8/19/2017
8:00 AM
121 Randall
Norton Shores
MI, 49441
Have a great day. The choice is yours.

GREAT GIVE AWAYS, T-SHIRTS, REFRESHMENTS
CALLING ALL RUNNERS!!!
COMMUNITY RUNNING GROUPS/CLUBS
CROSS COUNTRY TEAMS
TRACK AND FIELD TEAMS
ATHLETIC TEAMS
SCHOOL ORGANIZATIONS
Teams/Clubs: Please wear your school/team/business colors.

<http://www.shoresartsanddrafts.com>

www.jazzrunning.com

<p>Individual = \$10.00 on or before 5/18/17</p> <p>\$15.00 before 6/25</p> <p>\$20.00 before 7/18</p> <p>\$30.00 before 8/18</p> <p>\$35.00 on race day</p> <p>Family & Team = \$35.00 before 6/30</p> <p>\$50.00 before 7/18</p> <p>\$75.00 before 8/14</p> <p>Unlimited team members! –\$5.00 additional PER t-shirt. EVERYONE MUST HAVE A COMPLETED FORM!!! COMPLETED & t-shirt size if ordering one.</p>	<p>TEAMS & FAMILIES MUST TURN IN HARD COPY FORMS, IF THEY ARE ORDERING T-SHIRTS OR NOT. \$5 EXTRA PER T-SHIRT</p>
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Checks Payable to: City of Norton Shores
Mail To: 3885 Wickham Norton Shores, MI 49441

Contact: Bob or Katie Jazwinski 231-215-9233 jazwinsr@monashores.net
Last Name _____ First Name _____

Email _____ Gender M F

T-shirt size (adult sizes) __XS, __ S, __M, __L, __XL (PRE-REGISTER BY 8/14/2017 TO GUARANTEE T-SHIRT)

Age on Race Day _____ In consideration of my participation in this event, I for myself, my heirs, executors, and administrators, waive all rights and claims for damages I may have against the City of Norton Shores, Mona Shores High School, the sponsors of this event, their agents, representatives, successors, and assignees for any and all injuries suffered by me at said event, or which may arise out of my traveling to, participating in, and returning from this event. I further state that I am in proper physical condition to compete in this event.

ATHLETE (OR PARENT, IF UNDER 18) MUST SIGN _____ DATE: _____

Packet pick up/Late Registration- Friday the 18th @ Mona Shores Track 6:00 – 7:00 PM or Race day at Ross Park from 7:00 – 7:55 AM. Race begins at 8:00 with 1 Mile Kid's Fun/Run at 8:45.