



**RACE UNDER THE  
LIGHTS**  
**ONE MILE CHALLENGE**



We will run the fastest heat at 6:00 P.M.(registration begins at 5:15). We will then run heats every 15 minutes. We will run heats of 20-25 people. Students will be allowed to run/walk/wog with their teachers. It is very laid back.



Race records: Male – Braxton Snuffer – 4:57.  
Female – Katie Jazwinski – 5:01



**November 10, 6:00 P.M. 1 Mile Run/Walk**  
**Norton Shores, MI – Mona Shores High School Track**

**RUN. WALK. RACE. WOG!**

**Come join us for the 2<sup>nd</sup> Annual One Mile Challenge at Mona Shores High School Track. The Mile Under the Lights is back! All ages and abilities are welcome. Clean off those spikes and flats and let's see how fast you can go. Haven't you always wondered how you could do in a mile and know your actual time? Katie will be blasting some electrifying music from the speakers to keep you rolling. It sounds like some of your favorite elementary teachers might be out there to run with. Contact us if you would like to volunteer as well.**  
**(jazwinsr@monashores.net)**

Checks Payable to: Mona Shores Cross Country

Register at the track.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_ Gender M F  
 Date of Birth \_\_\_\_\_ 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 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: \_\_\_\_\_

**Cost = \$5.00 Register at the track or turn into Mr. or Mrs. Jazwinski**  
**Contact information: Bob or Katie Jazwinski (231)215-9233 or jazwinsr@monashores.net**