



Arts & Dash 5K



8/20/16

A Family Fun Run!

8/20/16



SATURDAY, AUGUST 20, 2016 Race Time = 8:00 AM
121 Randall, Norton Shores, MI –ROSS PARK Register online –
<https://runsignup.com/Race/Dashboard/Overview/36690>.



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



ALL PROCEEDS WILL GO TO LOCAL FITNESS INSTITUTIONS-Youth/High School/Adult Fitness Groups

8/20/2016
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

Fees - Donations:

Individual =\$15.00 on or before 8/14/16 (\$25.00 after 8/14 T-shirt is not guaranteed)

Family = \$45.00

Team = \$100.00(unlimited team members – 10 t-shirt maximum) **\$5.00 each additional t-shirt. EVERYONE MUST HAVE A FORM COMPLETED.**

Teams & Families PLEASE PREREGISTER

We ran into a few issues at the Kubasiak Run with teams and families registering. Please turn in all forms by 8/14/2016 if you are registering a team or family.

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 _____

City _____ State _____ Zip _____ Email _____

Gender M F T-shirt size (adult sizes) __XS, __S, __M, __L, __XL(PREREGISTER BY 8/14/2016 TO GAURANTEE 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 19th @ 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.