

Race Extras

- Tshirt for all registered participants
- Apples and water for all finishers
- Mile markers clearly identified
- Course will follow roads and paths near Silver Lake and Silver Lake Sand Dunes.

-Awards for-

- Top Male / Female finisher
- Boy / Girl (14 years and younger)
- 15-19, 20-29, 30-39, 40-49, 50-59, 60+

-Door prizes from local businesses.

Proceeds will help support Shelby High School Girl's Volleyball Team

Sponsors

Shirts and Water Provided By:



Facilities and Parking Provided By:



Thomas Weirich
5570 N. 72nd Ave.
Hart, MI 49420



Apple-A-Day 5k

**September 14, 2019
9:00 a.m.**

Sponsors

Shirts and Water Provided By:



Facilities and Parking Provided by:



6rd Annual Apple-A-Day 5k

This is the 6th annual race that will compliment the many other activities associated with the Silver Lake Apple Festival. The race will include a 5k race/run/walk.

Headquarters

The race will start and end in the parking lot of **Mac Wood's Dune Rides, 629 N. 18th Ave Mears MI., 49436.** Bathrooms will be available. Water and Apples will be supplied to race participants.

Entry Fee / Registration

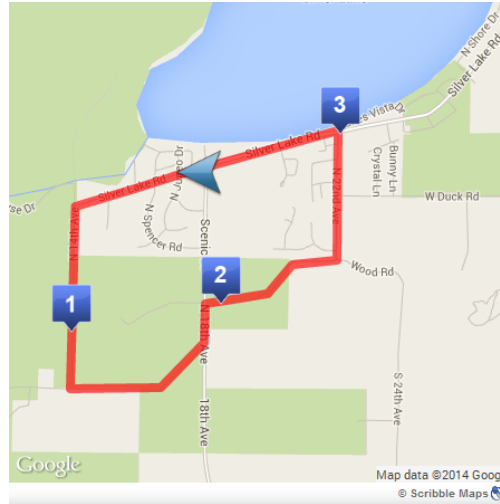
Entry fee is \$20 if received by August 31, 2019. All registration forms received by August 31, 2017 will be guaranteed an official "Apple-A-Day 5k" T-shirt.

Late registration fee is \$23 per runner. Extra T-shirts will be available on race day in a limited quantity. First come, first serve. When they are gone, they are gone.

Race day registration will take place from 7:30 – 8:30 am on-site

The Route

The race will begin in the parking lot of Mac Wood's Dune rides. It will follow roads and wooded paths around the south side of Silver Lake and finish back near the starting line.



Register online @ runsignup.com

Please Direct All Questions To:

Tom Weirich (231) 923-6366

Visit www.applebbqfestival.com for a schedule of all activities.

REGISTRATION FORM

ALL REGISTRATION FORMS MUST BE POSTMAKED BY AUGUST 31, 2019 TO AVOID LATE REGISTRATION FEE.

MAIL TO: **TOM WEIRICH: 5570 N. 72ND AVE. HART, MI 49420 Attn: Apple-A-Day 5k**
MAKE CHECK PAYABLE TO: **SHELBY HIGH SCHOOL – PLEASE PRINT LEGIBLY IN INK.**

LAST NAME: _____ FIRST NAME: _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____
PHONE: _____ EMAIL: _____
DATE OF BIRTH: _____ AGE ON RACE DAY _____

SEX: MALE FEMALE
T-SHIRT SIZE -- CIRCLE ONE
S M L XL Other: _____

To be signed by the athlete and/or parent-guardian of athletes under 18. I hereby release the sponsors and officials of the Apple-A Day 5k to be held on September 10, 2019 from all damages or injuries incurred during or arising out of my participation in this event. I also certify that I am in sufficient physical condition to participate in this event. Race management reserves the right to cancel the race due to conditions they consider unsafe. In the case of cancellation there will be no refund.
Signature: _____