

## Race Extras

- T-shirt 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

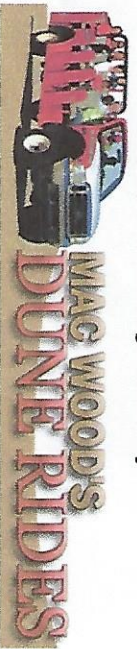
High School Girl's Volleyball Team\*

## Sponsors

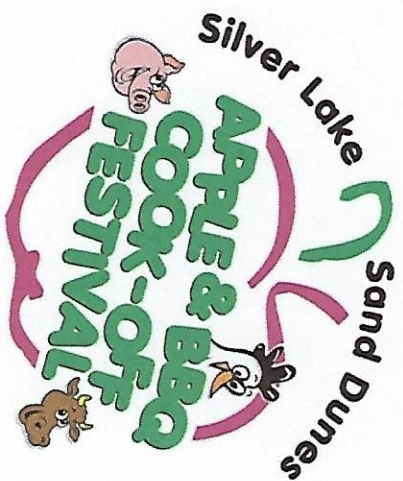
Shirts and Water Provided By:



Facilities and Parking Provided By:



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



# Apple-A-Day 5K

## September 12, 2020 9:00 a.m.

## Sponsors

Shirts and Water Provided By:



Facilities and Parking Provided by:



# 7<sup>th</sup> Annual Apple-A-Day 5k

This is the 7<sup>th</sup> 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. 18<sup>th</sup> 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, 2020. All registration forms received by August 31, 2020 will be guaranteed an official "Apple-A-Day 5k" T-shirt.

**Day of race registration fee is \$25** 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 at:**

<https://runsignup.com/Race/MI/Mears/APPLEADAY5K>

**Please Direct All Questions To:**

**Tom Weirich (231) 923-6366**

Visit [www.applebbqfestival.com](http://www.applebbqfestival.com) for a schedule of all activities.

## REGISTRATION FORM

ALL REGISTRATION FORMS MUST BE POSTMAKED BY AUGUST 31, 2020 TO AVOID LATE REGISTRATION FEE.

MAIL TO: **TOM WEIRICH: 5570 N. 72<sup>ND</sup> 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 12, 2020 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 \_\_\_\_\_