

NORTHERN MICHIGAN SPORTS MEDICINE CENTER'S

BEAR RIVER CRAWL 2020

July 18, 2020 -STARTING TIME

5K Run/Walk & 10K Run start time 8:00 am

CHECK-IN

Bay Front Park at the waterfront, downtown Petoskey starting at 6:30 am.

Early packet pick-up is available July 17, 2020 at Northern Michigan Sports Medicine Center 345 N Division Rd. Petoskey, MI 49770 (231) 348-7950

COURSE

5K run will travel up the Bear River Trail and return to the waterfront. 10K run will take you on the new pathway heading towards East Park and return to the Bear River Trail.

AWARDS

5K run/walk and 10K run – overall male and female finishers for the 5K and 10K runs and the top male and female finishers in each division.

5K/10K Run Divisions: 15 & under, 16-19, 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-75; 76- 79; 80 & over

Awards Ceremony will follow race. Please arrange to have someone pick-up your award if you will not be at the award ceremony—awards will not be mailed.

INFORMATION: (231) 348-7950

BENEFICIARY

Northern Michigan Cancer Crusaders

ENTRY FEES

5K Run/Walk & 10K run: \$25.00 by July 10, 2020
\$30.00 From July 11 through July 17, 2020 (noon)
\$40.00 July 18, 2020. Day of race.

A t-shirt is guaranteed to all registered entrants before Friday July 10th at 5:00 pm. T-shirts cannot be guaranteed on race day or for those who register after July 10, 2020.

Please Make Checks Payable To:

NMSMC (Northern Michigan Sports Medicine)

Mail To: Northern Michigan Sports Medicine Center, 4048 Cedar Bluff Drive, Suite 2, Petoskey, MI 49770
OR Register on line at www.nmsportsmed.com/brc or <https://nmsmc.enmotive.com/events/register/2020-bear-river-crawl>

Registration fees are nonrefundable.

If you wish to make a donation to the Northern Michigan Cancer Crusaders **in the memory of** or **in honor of** a loved one that has been touched by cancer, a dedication sign will be created featuring their name and placed prominently along the race course. If multiple donations are made in a person's name, a single sign will be used and to honor the multiple dedications, purple ribbon cancer stickers will be used to signify each generous donation. A \$10 donation is appreciated.

Dedication name: _____

In memory of

In honor of

5K Run/Walk & 10K Run Saturday, July 18, 2020 @ 8:00 am

PLEASE PRINT

LAST NAME _____ FIRST NAME _____

Address _____ City _____ State _____ Zip _____

Phone# _____ Age _____ Date of Birth _____ Gender: M _____ F _____

EVENT: 5K RUN/WALK _____ 10 K Run _____ Dedication Name for Sign _____

T-Shirt: S _____ M _____ L _____ XL _____ **Not guaranteed after July 10th, 2020**

Mail Address (PLEASE PRINT CLEARLY): _____

TOTAL AMOUNT ENCLOSED: \$ _____ MAKE CHECKS PAYABLE TO: **Northern Michigan Sports Medicine**

MAIL TO: **Northern Michigan Sports Medicine, 4048 Cedar Bluff Drive, Suite 2, Petoskey, MI 49770**

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 Northern Michigan Sports Medicine and its affiliates, 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.

ALL PARTICIPANTS MUST SIGN WAIVER

SIGNATURE _____ DATE _____