

**NORTHERN MICHIGAN  
SPORTS MEDICINE CENTER'S**

**BEAR RIVER  
CRAWL  
2021**

**July 17, 2021 -STARTING TIME**

5K Run/Walk Run (sorry no 10K run this year)  
You can start your run anytime between 8:00-  
8:15 am

**CHECK-IN**

Bay Front Park at the waterfront, downtown  
Petoskey starting at 6:30 am.  
Early packet pick-up is available July 16, 2021 at  
Northern Michigan Sports Medicine Center  
345 N Division Rd. Petoskey, MI 49770 (231)  
347-9300

**COURSE**

5K run will travel up the Bear River Trail and  
return to the waterfront.

**INFORMATION:** (231) 347-9300

**BENEFICIARY**

Northern Michigan Cancer Crusaders

No Awards this year – we are following the CDC  
guidelines of social distancing. Hopefully, next  
year!

**ENTRY FEES**

**5K Run/Walk:** \$25.00 by July 9, 2021  
\$30.00 From July 10 through July 16, 2021 (noon)  
\$40.00 July 17, 2021. Day of race.

**A t-shirt is guaranteed to all registered entrants  
before Friday July 9<sup>th</sup> at 5:00 pm.** T-shirts cannot be  
guaranteed on race day or for those who register after  
July 9, 2021.

**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

**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 racecourse.

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 Saturday, July 17, 2021 @ 8:00 am**

**PLEASE PRINT**

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone# \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Gender: M \_\_\_\_\_ F \_\_\_\_\_

Dedication Name for Sign \_\_\_\_\_ \$10 \_\_\_\_\_

T-Shirt: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ **Not guaranteed after July 9<sup>th</sup>, 2021**

Before July 9 - \$25 \_\_\_\_\_ July 10 – July 16 - \$30 \_\_\_\_\_ Day of Race \$40 \_\_\_\_\_

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** \_\_\_\_\_