

35th
Annual Nautical Run/ Walk
For
Your Health
Hosted By Rogers City High School Cross
Country Team

Saturday Aug. 6th 8:30 am

Events:

On paved bike path & streets

6k Open Run/Walk

1 mile Fun Run/Walk

Registration and Pre-Registration pick-up

6:00pm to 8:00pm Friday @ 206 N 1st Street or

7:00am – 8:15am on Race Day at the Lakeside Pavilion

Starting Times:

1 Mile Run/Walk 8:30am

Starts and Finish Corner of 1st and Michigan Ave.

6K Open Run/Walk approx. 9:00am

Start and Finish Corner of 1st and Erie St.

T-Shirts to all paid entries

Awards:

1 Mile Run/Walk

Medals Top 3 in each age group

6K Run/Walk

Special Awards will be presented to male and female overall winners.

Age group awards (3 deep or deeper) will be given to male and female winners in
the following groups: Runners- 10-13; 14-16; 17-19; 20-29;30-34;

35-39; 40-44; 45-49; 50-54; 55-59; 60-69; 70+

Walkers –top 3 finishers (male/female)

Entry Fees:

6K	\$15 before 7/29/16	\$20 Race Day
1 Mile	\$15 before 7/29/16	\$20 Race Day

Entry Fee: Entry fees are nonrefundable
(Please check appropriate box)

- 6K Run 6K Walk
\$15 before 7/29/16 \$20 after 7/29/16
 1 Mile Run 1 Mile Walk
\$15 before 7/29/16 \$20 after 7/29/16

T-Shirt Size: (Please check appropriate box)

- 2X XL L M S
 Youth (10-12)

Disclaimer: The undersigned hereby agrees to hold harmless the sponsors for any injuries to themselves before, during, or after the Nautical Race, and specifically do not hold the sponsors responsible for condition of the course of said race.

(Signature)

If under 18, parent or guardian must also sign.

Entry Form: Mail Entries to: Rob Kortman. 5915 US 23 N,
Rogers City, MI 49779. For More Information call: 989-734-4691 or
email: coachrck@yahoo.com or coacheswidow@yahoo.com

Name (Last, First, Middle Initial)

Address

City

State

Zip

Phone #

Age

Sex

e-mail address

Case of emergency, notify: _____

Phone # _____

Beneficiary: RCHS X-Country Team

Make Checks Payable to: Nautical Run