

# GREATER MIDLAND RACES 2024

## RUNNER INFO

Please fill out the entire application and print clearly. All participants & volunteers must register. One form per person or family. Photocopies accepted. Print more forms or register online at [GREATERMIDLAND.ORG/RACES](http://GREATERMIDLAND.ORG/RACES)

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ MI \_\_\_\_\_  
 BIRTH DATE (MM/DD/YY) \_\_\_\_\_ AGE \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_  
 PHONE \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_  
 STREET ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ SHIRT SIZE \_\_\_\_\_  
 EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

## ADDITIONAL FAMILY (SAME HOUSEHOLD)

NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ GENDER \_\_\_\_\_ SHIRT SIZE \_\_\_\_\_ RACE # \_\_\_\_\_ FEE \$ \_\_\_\_\_  
 NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ GENDER \_\_\_\_\_ SHIRT SIZE \_\_\_\_\_ RACE # \_\_\_\_\_ FEE \$ \_\_\_\_\_  
 NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ GENDER \_\_\_\_\_ SHIRT SIZE \_\_\_\_\_ RACE # \_\_\_\_\_ FEE \$ \_\_\_\_\_  
 NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ GENDER \_\_\_\_\_ SHIRT SIZE \_\_\_\_\_ RACE # \_\_\_\_\_ FEE \$ \_\_\_\_\_

I'd like to help send a child to SUMMER CAMP by making an additional tax-deductible donation: \$5 \_\_\_\_\_ \$10 \_\_\_\_\_ \$25 \_\_\_\_\_ Other \_\_\_\_\_

## RACES Please check all event(s) in which you will be

### DOW RUNWALK

#### SATURDAY, JUNE 1

- DRW DUO\*\* #40515C  
\*\* (5K + 10K = 9.3 Miles)
- 10K Run #40500C
- 5K Run #40505C
- 5K Walk #40510C
- 1 Mile (AGE 5-14) #40520C
- 1 Mile (AGE 15+) #40520D
- Tot Trot Dash (AGE 3-5) #40525C  
1/4, 1/3 or 1/2 mile based on age

#### Girls on the Run 5K at DRW

Running Buddy \$15 (race only) \$25 (w/shirt)  
\*shirt not available after 5/17;

(may be available for purchase on race day, if extras)  
REGISTER directly with Girls on the Run at  
[GOTRGREATLAKESBAY.ORG/5K](http://GOTRGREATLAKESBAY.ORG/5K)

### TRI-KIDS-TRY

#### JULY 19-20

#### FRIDAY, JULY 19

MINI TKT (LIMIT: 90)  
 AGE 3-5 #40902M

#### SATURDAY, JULY 20

#### TKT MAIN EVENT - AGE 6-15

- AGE 6-7 #40900P
- AGE 8-9 #40900Q
- AGE 10-11 #40900R
- AGE 12-13 #40900S
- AGE 14-15 #40900T
- Open Division 9-11 #40900U
- Open Division 12-15 #40900V

### RUN THE RIVER

#### FRIDAY, AUGUST 2

- 5K Run #40805A
- 5K Walk #40805B
- 1 Mile Run (All) #40807A

### LOONS PENNANT RACE

#### FRIDAY, AUGUST 23

- 5K Run #30505C
- 5K Walk #30510C
- 1 Mile Fun Run (AGE 5-14) #30520C
- 1 Mile Fun Run (AGE 15+) #30520D

\*\*Extra Game Day Tickets @ \$10 each



It's easy to participate! Register with one click and one payment for all 3 races (DRW, RTR & LOONS). Upon completion; you will receive a custom medal and a custom T5K wearable for your achievement (presented at LPR 8/23)

#### Sign me up!

- #40802A 5K RUN\*
- #40802B 5K WALK

\*DRW 10K eligible  
\*\*Also available to those who race in the DRW DUO for a \$10 additional fee.

### MIDLAND TRIPLE 1 MILE CHALLENGE



Youth ages 5-14 now have their own Triple Challenge! We've added a 1 Mile Run at Run the River; when you combo that with the 1 Mile Run at Dow RunWalk and at the Pennant Race; you get a 1 Triple Challenge.

- #40803A 1 MILE Run

# PRICING / ENTRY FEES

## DOW RUNWALK: SATURDAY, JUNE 1

ALL EVENTS	THRU 4/1	4/2-5/21	5/22-5/30	5/31-6/1
INDIVIDUAL	\$33	\$38	\$42	\$45
DRW DUO (5K+10K = 9.3M)	\$43	\$53	\$57	\$60
1 MILE RUN (AGE 5-14)	\$10	\$15	\$15	\$20
TOT TROT DASH (AGE 3-5)	\$10	\$15	\$15	\$20
RUNNING BUDDY***	\$15/\$25	\$15/\$25	\$15/\$25	\$15/\$25

\*\*\*Girls on the Run Program: \$15 race ONLY / \$25 w/shirt.  
REGISTER through Girls on the Run at GOTRGREATLAKESBAY.ORG/5K

## RUN THE RIVER: FRIDAY, AUGUST 2

ALL EVENTS	THRU 4/1	4/2-8/1	8/2
5K RUN OR WALK	\$30	\$36	\$42
1 MILE ALL (NEW)	\$10	\$15	\$20

## LOONS PENNANT RACE: FRIDAY, AUGUST 23

ALL EVENTS	THRU 4/1	4/2-8/1	8/2-8/22	8/23
5K RUN OR WALK	\$35	\$40	\$45	\$50
1 MILE RUN ALL	\$22	\$25	\$25	\$30

## TRI-KIDS-TRY: FRIDAY & SATURDAY, JULY 19-20

ALL EVENTS	THRU 4/1	4/2-6/30	7/1-7/14	7/15-19
YOUTH (AGE 6-15)	\$36	\$43	\$50	\$55
MINI TKT (AGE 3-5)	\$12	\$15	\$20	\$25

**TRAINING OPPORTUNITIES: KIDS TRIATHLON CAMP (JULY 15-19)**  
Boost or Brush up on triathlon skills (swim, bike, run)  
AM (ages 6-8)/PM (ages 8-13)  
Week-long camp \$155  
Camp/Race Combo ONLY \$180!

## T-SHIRT SIZES: CIRCLE ONE

YOUTH	2-4 (XS)	6-8 (S)	10-12 (M)	14-16 (L)	
ADULT	S	M	L	XL	2XL

\*T-shirt not guaranteed within 10 days of race  
\*\*Youth XS ONLY AVAILABLE for TOT TROT at Dow RunWalk and MINI TKT

## FINAL STEP

I know that running or working in a road race event is a potentially dangerous activity. I should not participate or volunteer to work unless I am medically able and properly trained. I agree to abide by any and all decisions of any race official relative to my ability to safely participate in the Dow RunWalk, Tri-Kids-Try, Run the River and Great Lakes Loons Pennant Race. I assume all risks associated with my participation (or that of any of my children) in this event including, but not limited to: death, falls, infectious disease, contact with other participants, volunteers, spectators, producers of this event, the effects of weather (including high heat and/or humidity), traffic and all road conditions, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release: Greater Midland Community Center, City of Midland/Midland County, Dow, Great Lakes Loons, Chippewa Nature Center, all race directors, Girls on the Run, officials and volunteers, all associated sponsors, their representatives and successors, vendors and companies supporting this event from all claims and liabilities of any kind arising out of my participation in any of these events. I further agree that Greater Midland Community Center may use for publicity and/or promotional purposes, without any obligation or liability to me, my name and any picture of my participation in any of these races.

I understand that all entry fees are NON-REFUNDABLE/NON-TRANSFERABLE.

PARTICIPANT/GUARDIAN SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

## \*\*MIDLAND TRIPLE 5K CHALLENGE

INCLUDES ALL 3 RACES 5K Run or Walk (DRW, RTR & LPR)	THRU 5/21	5/22-8/5
5K's ONLY	\$128	\$143
DRW DUO**	+\$10	
1 MILE ONLY (NEW)	\$72	\$82

\*2XL Upcharge \$15 (includes all wearables)

Includes all 3 races plus the Triple Challenge Medal & custom wearable upon completion of all 3 races! \*\*Also available to those who race in the DRW DUO for an additional fee.

## TOTAL PAYMENT

ENTRY FEE(S)	\$
DISCOUNT PRICING	\$
T5K 2XL Upcharge + \$15	\$
EXTRA LOONS TICKETS (\$10 each)	\$
SHIPPING* T5K + \$10	\$
TAX DEDUCTIBLE DONATION	\$
TOTAL DUE	\$
US funds only	
<b>FEES ARE NON-REFUNDABLE/NON-TRANSFERABLE</b>	

**CREDIT CARD INFO:**  MasterCard  Visa

Name \_\_\_\_\_

Card # \_\_\_\_\_

Exp Date \_\_\_\_\_ CVV CODE \_\_\_\_\_

(Signature)

**\*IF PAYMENT IS DENIED; THERE WILL BE A \$15 FEE CHARGED**

## MAKE CHECK PAYABLE TO: GMCC

**MAIL TO:** GREATER MIDLAND COMMUNITY CENTER RACES  
2205 JEFFERSON AVE / MIDLAND MI 48640

## HOW DID YOU HEAR ABOUT OUR RACES?

- Friend  Print Ad  Other: \_\_\_\_\_
- Online Ad  Greater Midland Staff
- Email  Search (Google etc...)
- Facebook/ Twitter  Radio  Employer



GREATER MIDLAND  
COMMUNITY  
CENTER