



8TH Run to the

Rapids

Benefiting ALS (Lou Gehrig's disease) Research

SATURDAY, APRIL 29, 2023 - 5K Race/1Mile Fun Walk

RACE DAY REGISTRATION: OPENS AT 7:30 AM – 5K & 1Mile starts at 9:00 AM

REGISTRATION LOCATION: Bluebell Island Park, 24040 Front Street, Downtown Grand Rapids, Ohio

Course: One of the most unique road race courses in NW Ohio. Accurately measured the 5K (3.1 Mile) and 1 Mile courses begin and finish at the park, using village streets and the historic towpath trail.

AWARDS

- Overall & overall master (40+) Male & Female in the 5K
- 5K Age group awards (at least three deep) No duplication of awards
- 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & older.
- Bonus! 1st place in all 5K age groups receive a free ice cream coupon in addition to their award.

SHIRTS, REFRESHMENTS AND OTHER INFO:

- All pre-registered participants will receive a t-shirt. A limited number of shirts will be available for race day entries.
- Door Prize drawing with great gifts from area merchants, Bib numbers will be on the store window.
- Water, Sports Drink, Fruit, Muffins and Scones available at finish.

ENTRY FEES:

- Early Entry fee - Pre-registered postmarked by Monday, April 17, 2023 \$25.00 or
- Online by Wednesday April 19, 2023, \$25.00 available at runsignup.com (service fee applies)
- Late Entry fee after above deadline and on race day - \$ 30.00 (No Shirt promised)
- On-line registration after April 25, 2023. \$ 30.00 (No Shirt promised) (service fee applies)
- Entry fees payable to: Grand Rapids Chamber of Commerce – Please Check or Money order only, no cash.
- Mail to: GRACC, P.O. 444, Grand Rapids, Oh 43522
- Information? email to ritalfoos@gmail.com

————— CUT HERE – ENTRY FORM MAY BE PHOTOCOPIED- PLEASE PRINT —————

NAME _____ TELEPHONE (____) _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

EVENT: (circle) 5K 1 Mile EMAIL ADDRESS: _____

SEX: (CIRCLE) M F AGE (ON RACE DAY): _____ DATE OF BIRTH _____

SHIRT SIZE: (CIRCLE) YL S M L XL 2XL

IN CONSIDERATION OF YOUR ACCEPTANCE OF THIS ENTRY, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE ALL RIGHTS FOR CLAIMS AND DAMAGES I MIGHT HAVE AGAINST THE RACE DIRECTOR, THE VILLAGE OF GRAND RAPIDS, GRAND RAPIDS ARTS COUNCIL, SPONSORS, AND ALL RELATED PARTIES FOR ANY AND ALL INJURY OR DAMAGE RESULTING FROM PARTICIPATING IN THE ABOVE EVENT. I AM IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN THIS EVENT.

SIGNED _____ (PARENT OR GUARDIAN IF UNDER AGE 18) DATE: _____