

THE AUBURN CORNSTALK 5K RUN & WALK

Thursday, July 6, 2017 @ 6:30 p.m.

Western High School 500 W. Midland Rd. Auburn, MI 48611

Located between Auburn Rd. (9 Mile Rd.) and Garfield Rd. off US-10 between Bay City & Midland
Auburn Corn Stalk is part of the Be Greater Race Series

- Run Age Groups** 10-under, 11-14, 15-19, 20-24, 25-29 continue 5 year age groups to 70 & Over
Walk Age Groups 10-under, 11-14, 15-19, 20-29, 30-39, continue 10 year age groups to 70 & Over
- Awards 5K Run & Walk** 1st place overall & 1st Masters – male and female. Top 3 finishers in each age group. Walkers may walk, race walk, saunter, **shuffle, speed walk, power walk but NO RUNNING PLEASE**
- Course** Flat, fast, accurate and well marked
- Facilities** Porta-jons only. Please come dressed to compete. School is not open for restroom use.
- Entry Fees** \$10 no shirt, \$20 with shirt (XXL \$2 extra) on or before June 26, 2017
\$12 no shirt, \$25 with shirt (XXL \$2 extra) after June 26, 2017
Shirts not guaranteed to anyone entering after June 26, 2017. **All shirts are tech shirts**
\$1 discount to track/x-country athletes and current BARC members
- Information** (989) 450-9535 or mitch@race-mrm.com or www.barcmi.com

Mail to Please make checks payable to Bay Area Runner's Club and mail with entry to:
1101 Leng St., Bay City, MI 48706

Refreshments Fresh fruit, cookies, water and sport drink at finish

Race Day 4:30 p.m. at Western High east side of building

Registration



Event entered 5K Run _____ 5K Walk _____

First Name _____ **Last Name** _____ **M.I.** _____

Birth Date ____/____/____ **Age on Race Day** _____ **Sex** M _____ F _____

Address _____

City _____ **State** _____ **Zip** _____

Phone (____) _____

Track/X-country team _____ **Coach** _____

Shirt Size Small _____ Med _____ Large _____ XL _____ XXL(add \$2) _____ No Shirt _____

I know that running or walking a road race is a potentially dangerous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of any race official relative to my ability to safely complete this event. I assume all risks associated with this event including, but not limited to falls, contact with other participants, the effects of the weather, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry. I for myself and anyone entitled to act on my behalf, waive and release the Bay Area Runners Club, Bay City Public Schools/Western High, City of Auburn and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. **Please: No animals, roller skates, roller blades, baby strollers, bicycles, or skateboards.**

SIGNATURE REQUIRED PARENT SIGNATURE IF PARTICIPANT IS A MINOR **DATE**