

Upstream 5K Run

AUGUST 20, 2016



RACE INFO: Call Asa Kelly @ 231-930-4222 or email kellya@benzieschools.net

LODGING INFO: Call 231-882-5801 (Benzie County Chamber of Commerce)

PROCEEDS GO TO: Benzie Central Back the Track & the National Coho Salmon Festival

REGISTRATION/ENTRY FEE: \$25 entry fee.

ONLINE ENTRY: <http://nationalcohosalmonfestival.org/entry-forms/upstream-5k-kids-fun-run-registration/>

RACE DAY REGISTRATION: Race day registration will be at Maley Park in Honor. It is located across from the Honor Shopping Plaza from 4-5:30 pm. Each paid entrant will receive a Coho Festival Upstream aluminum water bottle.

TIME & PLACE: Start and finish is at Maley Park. The race starts at 6:00pm.

AWARDS: Overall Male/Female, Runner Up Male/Female, and Overall Masters Male/Female will receive Northern Michigan caught salmon.

Medals - Top 3 in each age group

Salmon Fry (youngest finisher)

King Salmon (oldest finisher)

First 5K ever

Most Likely to Spawn (Best coho-themed outfit)

Anadromous (furthest distance traveled)

Shoaling (family award)

AGE GROUPS

12 & under
13-15
16-18
19-24
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-64
65-69
70+



SEND ENTRY FORMS TO: Asa Kelly, Race Director, 8198 Narrow Gauge Road, Beulah, MI 49617

NAME: _____ MALE _____ FEMALE _____ AGE _____

In consideration of this entry being accepted, I hereby for myself, my heirs, executors and administrators, waive and release any and all right and claim for damages the I might have against the sponsors, race directors, the Village of Honor, and all people officially connected with this event, for any and all injuries suffered by me in traveling to and from and while participating in said event. I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the competition of this event. Further, I grant full permission to any and all of the foregoing to use my likeness for any and all purposes whatsoever.

Signature: _____ Date: _____