

Upstream 5K Run

FRIDAY, AUGUST 25, 2017



RACE INFO: Call Emily @ 231-632-4193 or email leuenbee@mail.gvsu.edu

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

PROCEEDS GO TO: National Coho Salmon Festival

REGISTRATION/ENTRY FEE: \$25 entry fee.

REGISTER ONLINE AT cohofest.org

RACE DAY REGISTRATION: Race day registration will be at Homestead Twp. Park (near the main stage) in Honor at 4-5:30 pm. It is located behind the Homestead Twp. Building and fire department on US 31. Preregistered runners will receive free gift and main stage tokens.

TIME & PLACE: Start and finish are at Homestead Twp. Park. **The race starts at 6:00 pm.**

AWARDS: Medals go to 1st and 2nd place finishers in each age group
Most likely to Spawn (Best coho-themed outfit)

AGE GROUPS:	15 & under	16-20	21-29	30-39	40-49	King & Queens Divisions 50+
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SEND ENTRY FORMS TO: National Coho Salmon Festival, Race Director, PO Box 438, Honor MI 49640

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 forgoing to use my likeness for any and all purposes whatsoever.

Signature: _____ Date: _____