



5K RUN/WALK AND FUN RUN



Hosted by Central Montcalm Lions Club

Proceeds will go toward community efforts such as the purchase of glasses & hearing aids for the area's financially disadvantaged.

VIRTUAL RACE. REAL DISTANCE.

In light of the uncertainty surrounding the COVID-19 pandemic, our annual race is going virtual for 2020. Through this unique event, it is our hope to unite participants as they engage in a common activity and provide a feeling of being together while apart through interaction with the Stanton 5K Facebook Group.

STEP 1 - GET REGISTERED

- Sign up online or print & mail a form here: stantonofd.com/5k-fun-run
- The \$25 donation for 5K participation includes a race T-shirt that will be available for pick up or delivery following SOFD Weekend. A \$100 max applies for families of 5 members or more.
- Fun Run registration for ages 10 & under is \$5 with a T-shirt, or FREE without a T-shirt.

STEP 2 - RACE & REPORT

- Complete a 5K (3.1 mile) run/walk any time between the day you sign up & Saturday, August 15, 2020.
- Send proof of your finish with a photo of your GPS watch display or a screenshot of your fitness app showing total distance and time to any of the contact methods listed below.
- Additional selfies or photos of your group are also welcome. All photos will be included in a special album in the Stanton 5K Facebook Group at facebook.com/groups/Stanton5K to provide an opportunity for social engagement and a place for participants to cheer for and support each other.

★**BONUS:** Not only can you compete against others in this event, but you can also compete against yourself! If you can beat your own time prior to August 15th, you can resubmit your results. There is no limit to the number of submissions, so challenge yourself to keep improving!

STEP 3 - RESULTS & AWARDS

- 5K Participants: Finishing data will be logged as it is reported on a master spreadsheet that will be posted in the Facebook Group and made available here: tiny.cc/5KRESULTS
- Fun Run Participants: Distance and time will not need to be reported or recorded, but we're happy to post their photos and celebrate all of our little runners.
- Certificates will be available for pick up or delivery to the top male and female racers with the best overall times, as well as the top male and female within each of the seven age group categories.
- Racers must complete full 5K distance (3.1 miles) to qualify for awards.

CONTACT INFORMATION

Race results and questions can be submitted to Jane Basom via the following methods:

Email: stantonofd@gmail.com **Facebook:** facebook.com/StantonOFD **Text/Call:** (616)302-0526

Thank you for going the distance to support the Central Montcalm Lions Club!

STANTON 5K & FUN RUN REGISTRATION

NAME _____ PHONE _____

EMAIL _____ AGE _____ GENDER M / F

STREET ADDRESS _____

CITY, STATE, ZIP _____

CIRCLE RACE AND SHIRT OPTIONS BELOW:

RACE 5K Run/Walk (all ages) Fun Run (ages 10 & under)

SHIRT SIZE Youth: XS_(2/4) S_(6/8) M_(10/12) L_(14/16) XL_(18/20)
Adult: XS S M L XL 2XL

No Shirt, Please! I'm just happy to participate & donate to a good cause.

MAKE CHECK OR MONEY ORDER PAYABLE TO: Central Montcalm Lions Club

COST: 5K Race—\$25, or \$100 max for families of 5+ members
Fun Run—\$5 per child, or Free if “No Shirt” is selected

MAIL TO: Stanton 5K/Fun Run
PO Box 1
Stanton, MI 48888

WAIVER:

I do hereby agree to hold harmless Stanton Old Fashioned Days, Inc., the City of Stanton, and Central Montcalm Lions Club, including any members, representatives, or employees affiliated with these organizations/agencies, along with all race sponsors, volunteers, officials, and organizers, from all claims of liability, injury, loss or damage of any kind to myself or any minor child I am responsible for, arising from participation in the Stanton 5K Walk/Run or Fun Run, or arising from any acts, omissions, negligence, or misconduct. I fully assume all risks that may occur as a result of participating in this event. I also understand that it is recommended that COVID-19 social distancing guidelines be followed during event participation. I certify that I am (or my child is) physically prepared with an adequate level of fitness to participate in this event taking place from June 29 to August 15, 2020. My signature indicates that I have read, understood, and accepted the conditions of this waiver.

Signed _____ Date _____

(Parent/Guardian Signature if participant is under the age of 18)

HOW DID YOU LEARN OF THIS EVENT? _____