



**Old Fashioned Days**

# 5K RUN/WALK

AND

# 1K 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.*



**WHO:** 5K—runners & walkers of all ages  
Fun Run—children ages 10 and under

**WHEN:** Saturday, August 13, 2022  
Check In from 7:15 A.M. to 7:55 A.M.  
5K starts at 8:00 A.M., 1K will follow ~ 8:45 A.M.

**WHERE:** Check In at the Intersection of E. Main Street & Fred Meijer Heartland Trail

**ROUTE:** 5K—[www.mapmyrun.com/routes/view/4969535029](http://www.mapmyrun.com/routes/view/4969535029)  
1K—[www.mapmyrun.com/routes/view/746271607](http://www.mapmyrun.com/routes/view/746271607)

**AWARDS:** Medals will be provided for best overall, & best within each age & gender category.

**COST:** 5K—\$20 with pre-registration; \$25 on race day  
\$100 max for families of 5+ members  
1K—\$5 per child; \$10 max for families with 2+ children

**Note:** T-shirts are not guaranteed for registrations postmarked after August 1<sup>st</sup> or for race-day registrations.

**MORE INFORMATION:** Call/Text Jane Basom at (616)302-0526  
Email [stantonofd@gmail.com](mailto:stantonofd@gmail.com)  
or Visit [www.facebook.com/groups/Stanton5K](http://www.facebook.com/groups/Stanton5K)

NAME \_\_\_\_\_ AGE \_\_\_\_\_

PHONE \_\_\_\_\_ GENDER M / F

ADDRESS \_\_\_\_\_

**CIRCLE RACE AND SHIRT SIZE BELOW:**

<b>RACE</b>	5K Run/Walk	1K Fun Run	250m Fun Run
<b>SHIRT SIZE</b>	Youth: XS <sub>(2/4)</sub> S <sub>(6/8)</sub> M <sub>(10/12)</sub> L <sub>(14/16)</sub> XL <sub>(18/20)</sub>		
	Adult: XS S M L XL 2XL		

**MAKE CHECK OR MONEY ORDER PAYABLE TO:**

Central Montcalm Lions Club

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

**WAIVER:** (signature indicating waiver has been read, understood, & accepted is required for participation)

I do hereby indemnify and absolve 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 SOFD 5K Run/Walk or Fun Run, or arising from any acts, omissions, or negligence. I fully assume all risks that may occur as a result of participating in this event. I certify that I am (or my child is) physically prepared with an adequate level of fitness to participate in the event taking place on August 13, 2022.

Signed \_\_\_\_\_ Date \_\_\_\_\_

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

**HOW DID YOU LEARN OF THIS EVENT?** \_\_\_\_\_