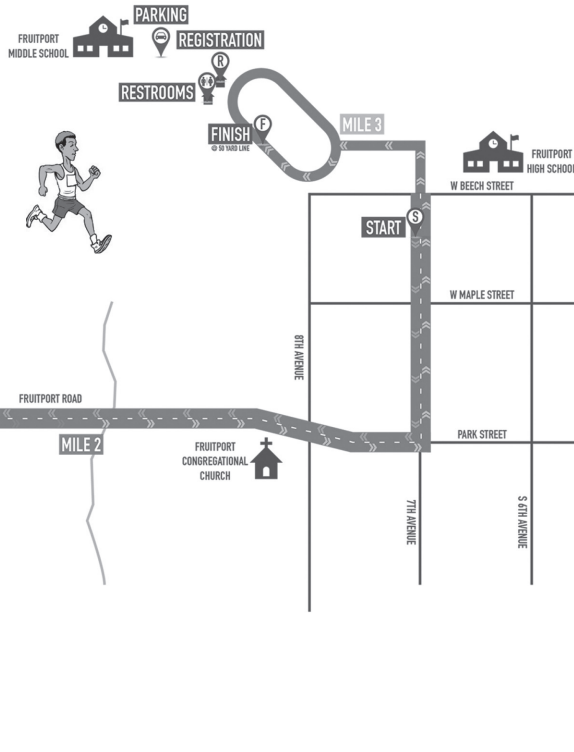


This event endorsed by



MICHIGAN FITNESS FOUNDATION



Participants' post-race refreshments provided by Fruitport Lions Club

Award Ceremony immediately following on football field

**Course Records**

5K (male) - Tom Chorny 14:47.9 (2008)  
5K (female) - Sue McDonald 17:26.8 (1982)

Football Field – Registration  
Corner of 6th & Beech St. – Start Line  
Fruitport High School

**Course**

Measured loop course through scenic, but hilly Fruitport countryside.  
• Course closed to vehicle traffic.  
• Aid station at 1.5 miles  
• Post race refreshments provided. Restrooms and showers available at the Fruitport Middle School.

**Entry Fee - Two Choices**

**With Moisture Wicking T-Shirts:**  
\$25.00 before deadline date (5/23/19 by 12PM)  
\$30.00 thereafter including race day (not guaranteed for late registration)

**Without T-Shirts:**  
\$20.00 before deadline date (5/23/19 by 12PM)  
\$25.00 thereafter including race day

Make checks payable to:  
**Fruitport Lions Club Run**

**T-Shirt Size**

\_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL  
If no t-shirt requested, check here \_\_\_

**Race Time**

5K 8:30AM  
Electronic timing provided by Runner's Edge Race Timing.



**SPONSORS:**  
Fruitport Lions Club  
Gear Group  
The Storage Group

Any proceeds the Fruitport Lions Club realizes from this event as well as other Old Fashioned Days activities are used to support new and ongoing community projects.

**Official Entry Form**

(Please print clearly)

NAME: \_\_\_\_\_  
First Last

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_  
City, State, Zip

EMAIL: \_\_\_\_\_

TELEPHONE NUMBER: \_\_\_\_\_  
\_\_\_ 5K

\_\_\_ Male \_\_\_ Female

Date of birth: \_\_\_ / \_\_\_ / \_\_\_

Age on race day: \_\_\_\_\_



- Paper registration ending on Tuesday, May 21, 2019 at 5PM.
- Race fee increases after 12 Noon on Thursday, May 23, 2019.
- Race day, Saturday, May 25, 2019, packet pick-up and registration from 7AM-8AM on FHS football field.
- Friday, May 24th packet pick up at Fruitport Township Hall 5-7:00PM
- Day of, on-site race registration will be available. T-shirt not guaranteed. Cash or credit cards will be accepted.

**38th Annual**



**Old Fashioned Days  
5K RUN  
2019**



**WE SERVE**  
[www.fruitportlionsclub.com](http://www.fruitportlionsclub.com)

Direct link to the race:  
[bit.ly/ofdrace](http://bit.ly/ofdrace)

**Saturday  
May 25, 2019  
8:30AM - 5K Race / Walk**  
Sponsored by  
Fruitport Lions Club

**Emergency Contact**

Name / Telephone

**Waiver**

(This release of obligation must be signed)

In consideration of your accepting this entry form, I hereby for myself, my heirs, executors, and administrators, waive and release all rights and claims for damages I may have against the Fruitport 5,000 meter Road Race, the sponsors of these events, its agents, representatives, successors, and assigners for any and all injuries suffered by me at said run, or which may arise out of my traveling to, participating in and returning from these events.

**Participant's Signature**

\_\_\_\_\_

Date: \_\_\_\_\_  
Parent's or Guardian's Signature –  
If under 18 years old

X \_\_\_\_\_

**Mail by 5/21/19 to:**

**Old Fashioned Days Run**  
PO Box C  
Fruitport, MI 49415  
**or Drop off by 5/21/19:**

**The Storage Group**  
42 S. Third  
Fruitport, MI 49415

**Direct link to the race by 5/24/19:**  
[bit.ly/ofdrace](http://bit.ly/ofdrace)