

Tying the Knot Trot 5k and 1 mile walk

When: August 21, 2010, 8:00 a.m. Race day registration starts at 7:00 a.m.

Where: Shanty Creek Resort, Bellaire, MI

cost: \$20 before race day, race day cost \$25

Awards, Giant Beer Mugs to overall Male and Female and top male and female walkers, beer mugs to top 3 males in each 5k age group and either wine glasses or champagne flutes to top 3 females in each 5k age group. Age groups are as follows: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, and 60 and over.

Register at active.com or e-mail me at chumpula@hotmail.com and you can send a check.