

PRIDE GLIDE Memorial Race
In Memory of Marie Alexander

5K WALK/RUN & 10K RUN

October 9, 2010

9:30 AM

This event is open to everyone. An excellent tune up for fall races!!

Get ready for your ½ or Full!! Course is flat and fast!!

Formerly the Laker Pride Glide, this event will be run annually in remembrance of a former staff member of the Laker School District. This year's honoree is **Marie Alexander**, longtime aide, athletic booster and child advocate. The event will take place in the quaint lakeside town of Bay Port, MI. A map of the course will soon be available online.

Course will be well marked and measured.

Registration: Race day registration open 8:00 until 9:15.

Cost: \$15 w/shirt \$10 without shirt

Shirt size guaranteed if registered by September 25th, 2010

Checks should be made payable to: "Alumni Association"

Proceeds to benefit the scholarship fund.

Awards:

Overall and Masters male & female awards, each running event

Run age group awards 0-9, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Overall Male and Female Walk awards

2nd, 3rd & 4th place medals for male and female overall

Prize drawings for event participants!!!! 50/50 raffle for everyone!!!!

Questions? Email fademing@yahoo.com

Last Name _____ First Name _____

Address _____ City & State _____

Phone _____ email _____

Date of birth _____ Age on race day _____ Male ___ Female ___

Shirt Size (circle one) S M L XL **EVENT** 5K Run ___ 10K Run ___ Walk ___

Please read and sign below

As with any athletic event, I understand a risk from injury is possible to a participant in such an event. In submitting this entry form, I hereby release from liability the Laker Alumni Association, the town of Bay Port and any property owners, any and all event organizers, sponsors and volunteers for any injury/accident incurred during this event. I grant permission to use any video record of my participation. I also attest that I am physically fit and am sufficiently trained to participate in the event.

NAME _____ **DATE** _____

PARENT OR GUARDIAN _____ **DATE** _____

(If under 18 years of age)

MAIL TO: Pride Glide/ Jim Deming 2060 S. Pinnebog Rd Bad Axe, MI 48413