

Iron Endurance and Aspirus Present:



RUN YOUR BASS OFF





JULY 7th, 2019 | 9:00am CST

10k, Half Bass, 2 Mile Walk & 1 Mile Kid's Run
Runkle Lake Park | Crystal Falls, MI
Race Day Registration 7:00-8:15am

RACE	5k & 10k	2 Mile	Kid's 1 Mile
FEE	\$20	\$10	\$5

UPRRC Members — \$2.00 Discount

 Course: Starts & ends at Runkle Lake Park and includes scenic rolling hills, mile markers, & water stations. The two mile walk is stroller-friendly!

 Shirts are provided for all participants and volunteers (must be registered by June 15th).

 \$100 gift certificates to Queen City Running Company (MQT) go to the top runners and ALL RUNNERS get a free pasty!

 Learn more at www.IronEndurance.weebly.com or register online at RunSignUp.com.



Prizes for Top Overall
10K & Half Bass!

Divisions: Male/Female
Ages: 11 & under, 12-14, 15-19,
per decade after 20-70+
Awards: 10k, 5k top overall
Medals: Top 3 in each age division

Detach & return form and entry fee to:

Iron Endurance
613 Lind Road
Crystal Falls, MI. 49920

Name _____

Address _____

Phone _____

Sex _____ Age on Race Day _____

UPRRC # _____

Signature: _____

Date

Signature of Parent if under 18: _____

Date

T- Shirt Sizes: S M L XL XXL
(\$2.00 extra for XXL shirts)

Circle one:

10K Half Bass 2 Mile
Kid's 1 Mile (non-competitive)

Run agreement: In consideration of acceptance of my entry I hereby waive and release any of the sponsoring groups, officials, attendants and any and all persons for any and all injuries suffered by me at said "Run Your Bass Off" road race. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. Further, I hereby grant permission for the use of my name and any photos or other records of my participation in this event for any publicity, without obligation or liability to me.