

Entry Form

One entry for each applicant. Please print.

Entry may be photocopied.

DO NOT MAIL AFTER 7/23/15

Name: _____

Street: _____

City: _____

State: _____ Zip: _____

Phone: _____

E-mail: _____

Age on 8-1-15: _____ Gender: M F

I am eligible for cash awards Yes No

T-Shirt Size: **Youth:** 2-4, 6-8 10-12

T-Shirt Size: **Adult:** S M L XL XXL (Add \$3)

Check Event

5K Run 5K Walk 12K Run

Before 7-23-15 with shirt \$25.00 _____

Before 7-23-15 without shirt \$20.00 _____

Late registration with shirt \$30.00 _____

Late registration without shirt \$25.00 _____

Day of registration with shirt \$35.00 _____

Day of registration without shirt \$30.00 _____

3/4K Kids Fun Run

Before 7-23-15 with shirt \$12.00 _____

Before 7-23-15 without shirt \$ 7.00 _____

After 7-23-15 with shirt \$14.00 _____

After 7-23-15 without shirt \$ 9.00 _____

XXL Shirt Add \$ 3.00 _____

Donation to Spirit Trail _____

Total Due _____

Checks payable and mail to: **Clark Lake Spirit**

702 Hague Avenue, Jackson, MI 49203

Waiver: In consideration of the acceptance of my entry, I for myself, my executors, administrators and assigned do hereby release and discharge the Run Clark Lake runs, Ortho Rehab Run/Walk series, the race committee, its agents, affiliates, representatives, and any and all other sponsors jointly and severally, for any and all claims of injuries or damages incurred by me as a result of or in connection with this event. I attest and verify that I have full knowledge of the risks involved in the event and I am physically fit and trained to participate in this event.

Signature _____ Date _____

(Parent if participant is under 18)

12K Male Age Group Records-1993-2014

17 & under	M	David Brent	40:18.5	5:25	2005
18-24	M	Nathan Martin	36:16.6	4:52	2014
25-29	M	Emmanuel Korir	36:13.6	4:52	2006
30-34	M	Guy Murray	38:11.4	5:07	2001
35-39	M	Paul Aufdemberge	36:40.4	4:55	2004
40-44	M	Paul Aufdemberge	37:52.6	5:05	2005
45-49	M	Paul Aufdemberge	39:38.8	5:19	2010
50-54	M	Brian Olsen	43:40.7	5:51	2014
55-59	M	Doug Kurtis	44:19.8	5:57	2007
60-64	M	James Carlton	46:14.4	6:12	2004
65-69	M	James Carlton	50:58.1	6:50	2009
70-74	M	James Beall	54:17.7	7:17	2000
75-79	M	James Forshee	1:03.02.3	8:27	2003
80-84	M	Dale Lundberg	1:06.02.0	8:52	2009
85-89	M	Paul Hansen	1:22.26.7	11:04	2006

12K Female Age Group Records-1993-2014

17 & under	F	Simone Scheele	48:16.2	6:28	2003
18-24	F	Sarah Hinkley	42:57.0	5:46	2007
25-29	F	Andrea Pomaranski	42:55.8	5:46	2010
30-34	F	Ann Boyd	44:37.1	5:59	1998
35-39	F	Ann Flynn	44:14.6	5:56	2000
40-44	F	Cindy Keeler	45:46.4	6:08	2001
45-49	F	Laurel Park	45:05.7	6:03	2009
50-54	F	Brenda Lynch	48:53.2	6:34	2000
55-59	F	Donna Olson	54:43.7	7:13	2005
60-64	F	Donna Olson	55:19.2	7:25	2010
65-69	F	Ellen Nitz	1:03.06.0	8:28	2005
70-74	F	Janet Delucia	1:21.49.0	10:57	2013

5K Course Records

21	M	Josh McAlary	14:43.9	4:44	2011
24	F	Rachel McFarlane	16:31.6	5:20	2014
Master 5K	M	Mark Olson	16:17.6	5:14	1999
	F	Sarah Root-Raitter	17:59.6	5:48	2013

5K Male Age Group Records

0-13	M	Brian Karazim	18:03.2	5:49	2002
14-17	M	Jesse Hersha	15:25.6	4:58	2014
18-24	M	Josh McAlary	14:43.9	4:44	2011
25-29	M	Bill Raitter	15:27.7	4:57	1996
30-34	M	Ed Altweiss	15:08.2	4:52	1997
35-39	M	Joshua Maurer	15:55.5	5:08	2012
40-44	M	Mark Olson	16:17.6	5:14	1999
45-49	M	Dan Dixon	16:37.1	5:21	2010
50-54	M	Dan Dixon	16:50.0	5:26	2014
55-59	M	Mike McGlynn	18:23.1	5:55	2005
60-64	M	Mike McGlynn	20:04.1	6:28	2011
65-69	M	Bruce Andrews	22:37.4	7:18	2014
70-74	M	John Paton	26:12.8	8:26	1998
75-79	M	Robert Freligh	28:54.1	9:18	1998
80-84	M	Robert Freligh	30:57.7	9:58	2001

5K Female Age Group Records

0-13	F	Ameilia Bannister	18:44.3	6:02	2004
14-17	F	Meggan Freeland	18:15.8	5:53	2008
18-24	F	Rachel McFarlane	16:31.4	5:20	2014
25-29	F	Seana Larson	17:31.7	5:38	1998
30-34	F	Jill Ortmann	19:03.1	6:08	1995
35-39	F	Karen Majerowski	19:36.8	6:19	1998
40-44	F	Sarah Root-Raitter	17:59.6	5:48	2013
45-49	F	Chris Vincent	20:09.4	6:30	2012
50-54	F	Laurel Park	19:09.1	6:11	2013
55-59	F	Joan Matheus	21:50.6	7:03	2014
60-64	F	Donna Olson	22:46.4	7:21	2012
65-69	F	Cecelia Bryzs	27:50.8	8:59	2014
70-74	F	Dee Crowe	38:09.2	12:17	2006
75-79	F	Dee Crowe	47:49.0	15:25	2013

Event Sponsors



12K Classic



5K Challenge



5K Community Walk



3/4K Kids Fun Run



Anderson Distributing • Art Moehn Chevrolet • Orthopaedic Rehab Specialists • Tri County Water