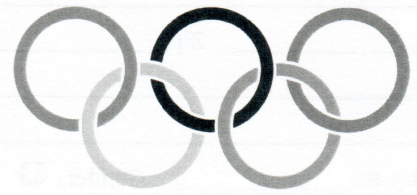


Run Clark Lake

SATURDAY, AUGUST 7, 2021

Welcome back to the great tradition of Road Racing at Clark Lake! August 8th is the Closing Ceremonies of the Tokyo Olympics. It's only fitting you great athletes get your shot at a great venue in an Olympic year.



One of Michigan's premier summer events. You will enjoy our post-race party and awards ceremony on the Beach Bar patio.

Due to reasons caused by the pandemic, we are not having the 12K this year. It will be back in full-force in 2022.

This should make a very interesting 5K race. To juice it up I put more money into the purse and went 5 deep in Open and Masters. Lace 'em up, and we'll see you at the starting line August 7th!

All proceeds from this event will be used for the continued progress and maintenance of the Thomas R. Collins Memorial Spirit Trail.

Schedule of Events

FRIDAY, AUGUST 6

6-8 p.m. Packet pick-up and pre-registration at The Beach Bar

SATURDAY, AUGUST 7

7-8:15 a.m. Race day registration and packet pick-up

8:30 a.m. 5K Run START Open ages 39 and under

8:31 a.m. 5K Run START Masters 40 and over
5K Walk START: 1 min after 5K Run Start

9:30 a.m. 3/4K Kids Run START

9:45 a.m. Award Ceremony

All events at the Beach Bar
3509 Ocean Beach Road
Clark Lake 49234

Registration and Results

ONLINE REGISTRATIONS

Online registration is open through 11:59 p.m., August 6 at <https://runsignup.com/Race/MI/ClarkLake/ClarkLake> or go to <https://www.orsmi.com/running/>

Results can be found at <https://www.orsmi.com/runresults/>

MAILED REGISTRATIONS

Mailed registration must be postmarked on or before July 29. Do not mail entries after this time.

PAYMENT

Checks should be made payable to:

Clark Lake Spirit

702 Hague Avenue, Jackson, MI 49203.

Entry fee is non-refundable and non-transferable.

Age Groups and Awards

5K Run: 13 & under, 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, and every 5 year age group beyond.

5K Walk: 19 & under, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-70, 70-80, 80 & over.

3/4K Kids Fun Run: 11 & under. NOTE: Kids Fun Run starting line is in front of the Beach Bar. Awards at the finish line to all participants. Trophies to first overall male and female.

5K Run/Walk awards overall male and female in Open and Masters Divisions. Awards to top three in each age group. Special awards in 5K Run to top ten finishers in male and female 14-17 division.

Cash Awards

5K cash awards - no cash awards to those 18 and under or with remaining college eligibility. **NO EXCEPTIONS.**

Overall male and female:

1st - \$120 2nd - \$100 3rd - \$80 4th - 60 5th - \$40

Master male and female:

1st - \$100 2nd - \$80 3rd - \$60 4th - 40 5th - \$20

Additional Cash Awards

Open male and female course record\$100

Master male and female course record ...\$75

Any age group record \$50

Additional Information

Race Director: Pat Dwyer

517-782-6106

sixthdwyer@comcast.net

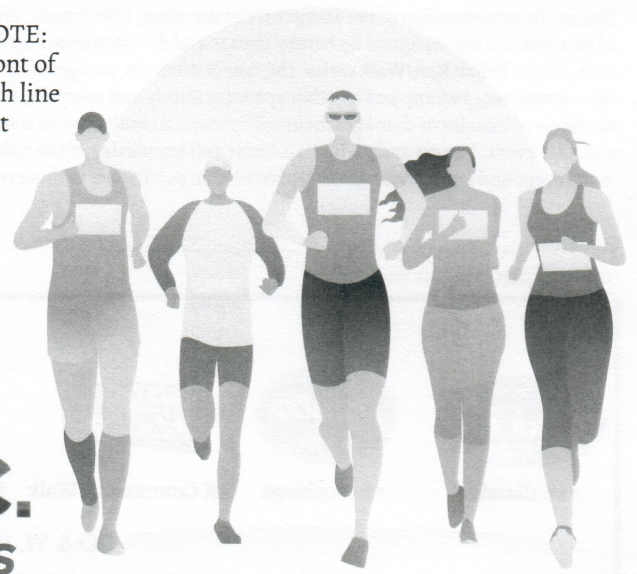
NO DOGS OR PETS ALLOWED ON SITE.

Run Clark Lake is part of the



**Orthopaedic
Rehab
Specialists, P.C.**

2021 RUN SERIES



Entry Form

ONE ENTRY FOR EACH APPLICANT. PLEASE PRINT.

ENTRY MAY BE PHOTOCOPIED.

DO NOT MAIL AFTER 7-29-2021

Name: _____

Street: _____

City: _____

State: _____ Zip: _____

Phone: _____

E-mail: _____

Age on 8-3-19: _____ 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

Before 7-29-2021 with shirt \$25.00 _____

Before 7-29-2021 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 7-29-2021 with shirt \$13.00 _____

Before 7-29-2021 without shirt \$ 8.00 _____

After 7-29-2021 with shirt \$15.00 _____

After 7-29-2021 without shirt \$10.00 _____

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

Since 1993

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	Nathan Martin*	35:46.0	4:47	2019
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	Paul Aufdemberge	43:21.8	5:49	2015
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

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	Donna Olson	1:00:48.8	8:09	2016
70-74	F	Linda Scorof	1:18:18.0	10:30	2017
75-79	F	Janet Delucia	1:29:00.3	11:56.2	2017

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	Eric Lagut*	14:43.4	4:44.3	2017
30-34	M	Ed Altweiss	15:08.2	4:52	1997
35-39	M	Julius Kiptoo	14:45.7	4:45.1	2017
40-44	M	Mark Olson	16:17.6	5:14	1999
45-49	M	Dan Dixon	16:37.1	5:21	2016
50-54	M	Dan Dixon	16:56.1	5:47	2014
55-59	M	Brian Olsen	17:25.6	5:36	2016
60-64	M	Paul Bapst Jr.	19:54.2	6:25	2016
65-69	M	Mike McGlynn	21:50.0	7:03	2018
70-74	M	Bruce Andrews	22:56.0	7:24	2018
75-79	M	Don Owens	25:25.7	8:11	2019
80-84	M	Robert Frelich	30:57.7	9:58	2001
85-89	M	Everett Luoma	39:04.9	12:36	2016

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	Rachel McFarlane	17:18.1	5:34	2019
30-34	F	Jill Ortmann	19:03.1	6:08	1995
35-39	F	Melissa Mantel	19:31.9	6:18	2016
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	Chris Vincent	21:30.9	6:56	2014
60-64	F	Donna Olson	22:46.4	7:21	2012
65-69	F	Donna Olson	23:36.6	7:36	2015
70-74	F	Cecelia Brzys	31:55.7	10:17	2019
75-79	F	Patricia Holmes	40:54.4	13:12	2018

*Course Record

Event Sponsors



12K Classic



5K Challenge



5K Community Walk



3/4K Kids Fun Run



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