# Run Clark Lake SATURDAY, AUGUST 7, 2021

Welcome back to the great tradition of Road Racing at Clark Lake! August 8<sup>th</sup> 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 7<sup>th</sup>!

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/Clark Lake 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.





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

Age on 8-3-19:			• 35-39	M	Paul Aufdemberge	36:40.4	4:55	2004
Street:								
Street:	Name:							
City								
State:	Street:							
70-74   M   James Beall   54,17.7   737   2000   75-79   M   James Forbale   103,02.3   8.27   2000   85-80   M   Dale Lundberg   106,02.0   852   2009   75-79   M   Dale Lundberg   106,02.0   852   2009   75-80   75-80   M   P all Hansen   102,26.7   11:04   2000   75-80   7								
State:								
So-84	State: Zip:				James Forshee			
Age on 8-3-19:						1:06.02.0	8:52	2009
Age on 8-3-19:	Phone:		• 85-89	M	Paul Hansen	1:22.26.7	11:04	2006
Age on 8-3-19:	E-mail:		: 12K Fe	ma	le Age Group R	ecords		
A me eligible for cash awards	Age on 8-3-19: G	ender: D M D F			Simone Scheele		6:28	2003
T-Shirt Size: Youth: 2-4, 6-8 10-12  T-Shirt Size: Adult: S M L XL XXL (Add \$3)  40-44 F G Cindy Keeler 45-66. 6-8 2000  Check Event  50-54 F Brenda Lynch 48-37. 6-03 2009  5KRun   5KWalk 55-00 6-6-6 F Doma Olson 54-37. 7-13 2005  Before 7-29-2021 with but shirt \$25.00 6-6-6 F Doma Olson 10-04-8. 8-09 2016  Before 7-29-2021 with but shirt \$30.00 70-74 F Linda Scorof 118-18. 0-03 2017  Late registration with shirt \$30.00 70-79 F Linda Scorof 118-18. 0-03 2017  Jay of registration with shirt \$35.00 14-17 M Jesse Hersha 15-25. 6-458 2010  Day of registration with shirt \$30.00 14-17 M Jesse Hersha 15-25. 6-458 2010  Day of registration with shirt \$30.00 14-17 M Jesse Hersha 15-25. 6-458 2010  Jay of registration with shirt \$30.00 14-17 M Jesse Hersha 15-25. 6-458 2010  Day of registration with shirt \$13.00 14-17 M Jesse Hersha 15-25. 6-458 2010  Before 7-29-2021 with shirt \$13.00 14-17 M Jesse Hersha 15-25. 6-458 2010  Before 7-29-2021 with shirt \$10.00 14-17 M Jesse Hersha 15-25. 6-458 2010  Before 7-29-2021 with shirt \$10.00 14-17 M Jesse Hersha 15-25. 6-458 2010  Before 7-29-2021 with shirt \$10.00 14-17 M Jesse Hersha 15-25. 6-458 2010  Before 7-29-2021 with shirt \$10.00 14-17 M Jesse Hersha 15-25. 14-18 Jesse Hersha 15-2							5:46	2007
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Scheck Event								
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Total Due   Tota	Before 7-29-2021 without shirt	\$20.00				1:18.18.0	10:30	2017
State registration without shirt   \$25.00   State   Age Group Records   State   Age Group Records   State		4	• 75-79	F	Janet Delucia	1:29.00.3	11:56.2	2017
Day of registration with shirt \$35.00			· FK Ma	10 A	ge Group Reco	rde		
Day of registration with shirt \$35.00   14-17 M   Jesse Hersha   15:25.6   4:58   2014   25-29 M   Eric Lagut   14:43.4   4:443   2017   25-29 M   Eric Lagut   14:43.4   4:443   2017   25-29 M   25-20 M	Late registration without shirt	\$25.00					5.40	2000
Day of registration without shirt \$30.00   18-24   M   Josh McAlary   14:43.9   4:44   2011   22-29   M   Eric Lagur   14:43.4   4:443   2011   2018	Day of registration with shirt	\$35.00						
30-34   M   Ed Altweiss   15:08.2   452   1997	Day of registration without shirt							
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Signature   Date   Da								
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Note   Spirit Trail   See   M   Robert Freligh   30:57.7   9:58   2001	XXI. Shirt Add	\$ 3.00	• 75-79	M		25:25.7	8:11	2019
SK Female Age Group Records   5K Female Age Group Records   14-17   F   Meggan Freeland   18:15.8   5:53   2008   14-17   F   Meggan Freeland   18:15.8		<b>4</b> 9.00				30:57.7	9:58	2001
Total Due  O-13 F Ameilia Bannister  18:44.3 6:02 2004  14-17 F Meggan Freeland  18:15.8 5:53 2008  Checks payable and mail to: Clark Lake Spirit  18-24 F Rachel McFarlane  17:18.1 5:34 2019  25-29 F Rachel McFarlane  30-34 F Jill Ortmann  19:03.1 6:08 1995  administrators and assigned do hereby release and discharge the Run Clark Lake  runs, Ortho Rehab Run/Walk series, the race committee, its agents, affiliates, runs, Ortho Rehab Run/Walk series, the race committee, its agents, affiliates, runs, Ortho Rehab Run/walk series, the race committee, its agents, affiliates, runs 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.  Date  5K Female Age Group Records  Ameilia Bannister 18:44.3 6:02 2004  14-17 F Meggan Freeland 18:15.8 5:53 2008  16-02 Poota  18-24 F Rachel McFarlane 17:18.1 5:34 2019  19:03.1 6:08 1995  40-44 F Sarah Root-Raitter 17:59.6 5:48 2013  40-44 F Sarah Root-Raitter 17:59.6 5:48 2013  45-49 F Chris Vincent 20:09.4 6:30 2012  75-59 F Chris Vincent 20:09.4 6:30 2012  75-59 F Chris Vincent 20:09.4 6:30 2012  70-74 F Laurel Park 19:09.1 6:11 2013  20:12 20:12 20:12 20:12  19:00.4 6:30 20:12  10:00.4 6:30 20:12	Donation to Spirit Trail			M	Everett Luoma	39:04.9	12:36	2016
Total Due  O-13  F Ameilia Bannister 18:44.3 6:02 2004 14-17 F Meggan Freeland 18:15.8 5:53 2008 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 40-44 F Sarah Root-Raitter 17:18.1 5:34 2019 30-34 F Jill Ortmann 19:03.1 6:08 1995 6:08 1996 6:09 19:01 18-24 F Sarah Root-Raitter 17:59.6 5:48 2013 runs, Ortho Rehab Run/Walk series, the race committee, its agents, affiliates, 45-49 F Chris Vincent 20:09.4 6:30 2012 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.  Date  Date  O-13 F Meelisa Bannister 18:44.3 6:02 2004 18:15.8 5:53 2008 18:15.8 5:53 2008 18:15.8 5:53 2008 18:26.4 F Rachel McFarlane 17:18.1 5:34 2019 19:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:09 19:03.1 6:08 199:03.1 6:09 19:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 19:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 19:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 199:03.1 6:08 1			<ul> <li>5K Female Age Group Records</li> </ul>					
Checks payable and mail to: Clark Lake Spirit  18-24 F Rachel McFarlane  702 Hague Avenue, Jackson, MI 49203  30-34 F Jill Ortmann  19:03.1 6:08 1995  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.  18-24 F Rachel McFarlane  17:18.1 5:34 2019  Rachel McFarlane  17:18.1  5:34 2019  Rachel McFarlane  17:18.1  5:34 2019  Rachel McFarlane  17:18.1  5:34 2019  Rachel McFarlane 17:18.1  5:34 2019  Rachel McFarlane 17:8.1  F Rachel McFarlane 17:18.1  5:34 2019  Rachel McFarlane 17:8.1  F Rachel McFarlane 17:8.1  Packel McFarlane 19:31.9  Packel McFarlane 19:31.9  Pac		Total Due	• 0-13			18:44.3	6:02	2004
702 Hague Avenue, Jackson, MI 49203  25-29 F Rachel McFarlane 30-34 F Jill Ortmann 19:03.1 6:08 1995  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.  Date  25-29 F Rachel McFarlane 17:18.1 5:34 2019  Relissa Mantel 19:31.9 6:18 20:09.4 6:30 20:12 Chris Vincent 20:09.4 6:30 20:12 Chris Vincent 20:09.4 6:30 20:12 Chris Vincent 21:30.9 6:56 20:14 Chris Vin		to the second second second				18:15.8	5:53	2008
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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 sell 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	702 Hague Avenue, Jackson, MI 492							
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Signature Date						7:36	2015	
Signature Date								2019
*C D 1	Signature	Date	• 75-79	F	Patricia Holmes	40:54.4	13:12	2018
			*Course R	lecore	d			













12K Male Age Group Records

David Brent

Guy Murray

Nathan Martin

Nathan Martin\*

17 & under M

M

M

M

18-24

25-29

30-34





**Since 1993** 

2005

2014

2019

2001

5:25

4:52

4:47

5:07

40:18.5

36:16.6

35:46.0

38:11.4

5K Challenge 12K Classic

5K Community Walk 3/4K Kids Fun Run

O & W, Inc. Distributing • Art Moehn Chevrolet

Event Sponsors