

Run Clark Lake

SATURDAY, AUGUST 5, 2023

12K Run | 5K Run | 5K Walk | 3/4K Kids Run

Welcome to the 48th Year of Road Racing at Beautiful Clark Lake!

You will enjoy our USATF certified courses that encompass the lake on gently rolling hills with breathtaking lake front views. We have been road racing at Clark Lake since 1976 with the original CL-7. In 1993 we changed the 7-mile run around the lake to a 12K. At this time, we added the 5K Run and 5K Walk and to make it a total festival of events we added the 3/4K kids run. Thirty years later we are continuing that tradition. We invite you to join us for this 30-year celebration and the 48th anniversary of the original event. Truly one of Michigan's premier running events. You will enjoy our post-race party and awards ceremony at the Beach Bar Patio on the shore of Clark Lake. All races will be chipped timed by the Michigan Running Foundation. The 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 4

5:30 - 7:30 p.m. Packet pick-up and pre-registration

SATURDAY, AUGUST 5

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

8:30 a.m. 12K Run START

8:35 a.m. 5K Run START

8:36 a.m. 5K Walk START

9:45 a.m. 3/4K Kids Run START

10 a.m. Award Ceremony

Additional Information

Race Director: Pat Dwyer
517-782-6106

sixthdwyer@comcast.net

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

NO DOGS OR PETS ALLOWED ON SITE

Registration and Results

ONLINE REGISTRATIONS

Online registration is open through midnight, August 3 at:

<https://runsignup.com/Race/MI/ClarkLake/ClarkLake>

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

MAILED REGISTRATIONS

Mailed registration must be postmarked on or before July 28. Do not mail entries after this time.

PAYMENT

Checks should be made payable to:

Clark Lake Spirit and mailed to:
702 Hague Avenue, Jackson, MI 49203.
Entry fee is non-refundable and non-transferable.

Age Groups and Awards

12K: 17 & under, 18-24, 25-29, 30-34, 35-39, 40-44, and every 5-year age group beyond

We ask all 12K participants to complete the course in under 90 minutes, a 12 minute pace.

5K Run: 0-14, 15-17, 18-24, 25-29, 30-34, 35-39, 40-44, and every 5 year age group beyond.

5K Walk: 0-19, 20-29, 30-39, 40-49, and every 10 year age group beyond.

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.

5K Run/Walk and 12K Run Awards to overall male and female in Open and Master Divisions. Awards to top three in each age group.

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 - \$100 2nd - \$75 3rd - \$50

Master male and female:

1st - \$75 2nd - \$50 3rd - \$25

Additional Cash Awards

Open male and female course record \$100
Master male and female course record ... \$75
Any age group record \$50

The overall winners of the 12K Classic will have their names added to the David Hinz Perpetual plaque - with all the past event winners.

UPCOMING ORS RUNS

Sept. 20 Heart of a Lion 5K

Sept. 30 ORS 10K/5K Oktoberfest

Nov. 24 Jackson Turkey Trot 5M/5K

Run Clark Lake is part of the



2023

ORS RACE SERIES

Entry Form

ONE ENTRY FOR EACH APPLICANT. PLEASE PRINT.

ENTRY MAY BE PHOTOCOPIED.

DO NOT MAIL AFTER 7-29-2023

Name: _____

Street: _____

City: _____

State: _____ Zip: _____

Phone: _____

E-mail: _____

Age on 8-5-23: _____ 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**

Before 7-28-2023 with shirt \$30.00 _____

Before 7-28-2023 without shirt \$25.00 _____

After 7-28-2023 with shirt \$35.00 _____

After 7-28-2023 without shirt \$30.00 _____

3/4K Kids Fun Run

Before 7-28-2023 with shirt \$13.00 _____

Before 7-28-2023 without shirt \$ 8.00 _____

After 7-28-2023 with shirt \$15.00 _____

After 7-28-2023 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
80-84	F	Janet Delucia	1:47.30.3	14:20.1	2022

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	Aaron Usher	16:17.5	5:14	2021
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	17:56.1	5:36	2016
60-64	M	Paul Bapst Jr.	19:54.2	6:25	2016
65-69	M	Paul Bapst Jr.	20:58.5	6:46	2021
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	Bill Keller	29:48.0	9:37	2021
85-89	M	Everett Luoma	39:04.9	12:36	2016
90-94	M	Everett Luoma	46:44.8	15:05	2021

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	40:31.3	13:04	2021

*Course Record



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