

Entry Fees

Per Person	Early by 8.11.17	Late by 9.8.17	Race Day
No shirt	\$20	\$25	\$30
Online	\$25	\$30	
Paper	\$27	\$32	\$37

If registering by mail or in person, please add an additional \$2.00 processing fee. To avoid this fee, please register at <https://runsignup.com/Race/MI/PawPaw/GrapeLake5K>.

Age Based Pricing for youth participants is available. Participants 15 and under may apply a \$3 discount.

Registration

Online Registration is available at redarrowministries.org. There will be a \$2.00 processing fee added to the registration fee for each paper registration. Online registration closes on Wednesday, September 6.

Register by Mail: Complete the registration form and send in with payment. Do not mail in after Friday, August 31, 2017.

Drop in Registration: You may drop off registrations to RedArrow Ministries, 31133 Red Arrow Hwy. Paw Paw, MI *next to PPHS. Available until Thursday, Sept. 7, 2017.

Day Before & Event Day Registration:

Friday, Sept. 8 late registration will be available from 5 to 8 p.m. Event day registration will be available from 7:30 a.m. to 8:30 a.m. Both will be located in the Paw Paw Elementary campus in the staff lot/bus loop.

Group Registration Discounts: Groups of 15 or more may be eligible for a \$2 discount off the registration fee. Discounts apply for pre-registration only.

To arrange your group, call (269) 657-5679 or email mlbowater@gmail.com.

Shirt Info

This year our quality t-shirt is a Marathon Performance Tee, 3.5 oz., 100% polyester, Moisture wicking, Odor resistant, Stain release, Taped shoulder seams. **According to reviews, these shirts fit as expected.**

A no shirt option is also available for a reduced fee. NOTE: There is no guarantee of shirt availability after the early registration deadline. During late registration, shirts (if available) will be sold on a first-come, first-served basis.

Live Results

Participants with a smartphone, tablet or computer can access their results within moments of crossing the finish line by entering a URL that will be provided at packet pick-up. No need to stand in line to look up your results. Overall place, age group place, pace and time will be available by entering your name or bib number into the live results link. Printed results will still be available as well.

Recognition and Prizes

Both a timing start strip and finish strip will be used for this race. Awards will be based on actual chip time not gun time. Walkers may not run. If seen running, a walker will be disqualified. The awards ceremony will follow the race and start when the results are ready by T&H Timing. Preliminary results will be posted while runners and walkers are still finishing. The overall male and female runner and walker will receive a \$50 gift certificate to Gazelle Sports. The top three (3) finishers in each age division, male and female will receive an award. Results will be posted at www.redarrowministries.com.

11th Annual Challenge Fitness 2017 Michigan Fruit Belt Challenge

The Grape Lake Race is proud to be a part of the 2017 Michigan "Fruit Belt Series." This series highlights the importance of including fruit in your daily diet as well as exercise. Visit facebook.com/groups/FruitBeltSeries for more information.



Arrival and Parking

Parking available in the Paw Paw Elementary School lots, please do not park in the staff lot/bus loop. This is where the event will start and finish.



This event is organized by RedArrow Ministries. Questions? Contact Maria Bowater, Race Director. mariab@redarrowministries.org



Saturday, September 9, 2017
9:00am

RedArrow Ministries is proud to offer the Grape Lake 5k Run/Walk as part of our commitment to maintaining and improving health.

This event is endorsed by:



This event has been reviewed for the physical activity content and has been endorsed by the Governor's Council on Physical Fitness, Health and Sports. This does not reflect endorsement of the sponsoring organization or the product used.

Proceeds from this event will go to the Salvation Army. Money raised will help people in crisis right here in VanBuren County.



Registration

Name _____

Address 1 _____

Address 2 _____

City, State, Zip _____

Daytime Phone _____

E-Mail _____

Date of Birth _____ Age on Sep. 9, 2016

Male Female 5k Run 5k Walk

*You must include DOB, age, gender and run/walk in order to qualify for an award.

Emergency Contact Name _____

Emergency Phone Number _____

KAR or RACERS Member yes no

Kalamazoo Area Runner member code: _____

SWMI RACERS member code: _____

KARS and RACERS members received a registration discount of \$3.

Shirt Choice

Men's Marathon T S M L

XL 2X 3X

Women's Marathon T XS S M

L XL 2X

Youth Marathon T M L

No Shirt

Packet Pick-up

- Friday, Sept. 8, 5 to 8 p.m.
- Saturday, Sept. 9 (event day), 7:30 to 8:30 a.m.

Location: Paw Paw Elementary campus in the staff lot/
bus loop.

Waiver

I, for myself and anyone entitled to act on my behalf, release the County of Van Buren, the Village of Paw Paw, Paw Paw Wine & Harvest Festival and RedArrow Ministries, whose property is being used and other sponsoring or co-sponsoring companies or individuals from responsibility for any injuries or damages I may suffer as a result of my participation in the Grape Lake 5K Run/Walk.

I hereby certify that I am safely able to participate in this event. I grant permission for the use of my name and pictures in broadcast, telecast, news-papers, brochures or online. I certify to be true all information I have provided on this form.

NO REFUNDS. I understand that the entry fee is non-refundable and non-transferable. I also understand the Run/Walk will take place rain or shine, at Race Director's discretion. I have read the entry information provided for the event and certify my compliance with my signature below.

Signature of participant _____

(If participant is younger than 18, a parent or legal guardian must also sign.)

Signature of parent or legal guardian _____

Please mail form and payment to:

RedArrow Ministries
Attn: Maria Bowater, Race Director
31133 Red Arrow Hwy
Paw Paw, MI 49079

Please make sure to add the \$2.00 processing fee for paper registration. Online registration has **no additional fee**. You can avoid this fee by registering at:
<https://runsignup.com/Race/MI/PawPaw/GrapeLake5K>.

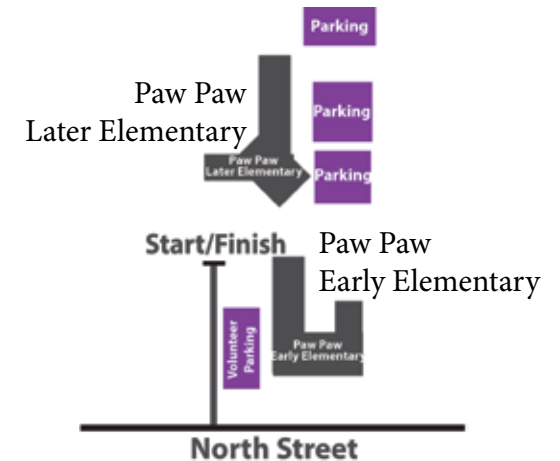
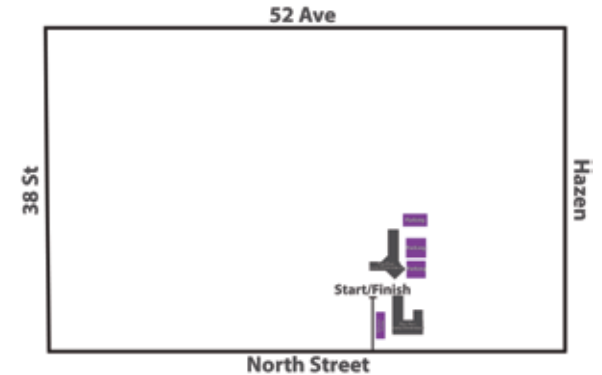
Cash or checks only. Make checks payable to RedArrow Ministries. Credit cards may be used online. Entry fees are non-refundable and non-transferable.

Amount enclosed _____

Our Course

The Grape Lake 5k Run/Walk course will begin in the staff parking lot/bus loop of the Paw Paw Elementary campus. 512 W North St, Paw Paw, MI 49079.

*Parking available in the school lots.



Safety

While providing a fun and healthy event we must consider the safety of our participants.

Strollers and wagons will be allowed at the back of the race for runners and walkers alike. However, for the safety of all involved, no pets, please.