

REGISTRATION

3 WAYS TO REGISTER:

Online

Scan the QR code on the front page or visit runsignup.com/Race/MI/PawPaw/PawPawGrapeLake5Kwalkrun to sign up online. There is a \$2.74 processing fee added to the registration fee for each online registration. Online registration closes on September 9th.

Mail-In

Complete the registration form on this flyer and send it in with payment. There is a \$5.00 processing fee added to the registration fee for each paper registration. Do not mail after August 31, 2021.

Please mail registration & payment to:
Grape Lake 5K
PO BOX 125
Paw Paw

In Person

Drop-in Registration: You may drop off registration forms and payment at the Wine and Harvest Office 129 S Kalamazoo St. Paw Paw, MI 49079

Day Before & Event Day Registration: Friday, Sept 10 late registration will be available from 5 to 8 pm. Event day registration will be available from 7:30 to 8:30 am located at the finish line corner of Hazen and Willard.

COST

Before August 25 includes t-shirt (no t-shirt after deadline)

- Online \$32.74 (\$30 + \$2.74 fee)
- Paper Form \$35.00 (\$30 + \$5.00 fee)
- Day Before/ Event Day \$35.00 (\$30 + \$5.00 fee)

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 269-657-6500 or email laura@freshwatercc.org

Please make checks to: Van Buren Development Council

T-SHIRT

Shirts will only be available for those who register by August 25.

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 pickup. No need to stand in line to look up your results. Overall place, age group, 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 the 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 top three (3) finishers in each age division, male and female, will receive an award. Results will be posted at www.wineandharvestfestival.com/events/32nd-annual-grape-lake-5k-run-walk

14th Annual Challenge Fitness 2021 Michigan Fruit Belt Challenge

The Grape Lake 5K Race is proud to be a part of the 2021 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 & Parking

Primary parking will be at the Tri-County Head Start and Community Mental Health parking lots.

Packet Pick Up

Friday, September 10 from 5 to 8 PM
Saturday, September 11 from 7:30 to 8:30 AM
Located at 801 Hazen St for registration in the Community Mental Health parking lot.



The 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 the endorsement of the sponsoring organization or the product used.

This year's event is organized by the Paw Paw Grape Lake 5K Committee & Freshwater Community Church

Questions regarding registration? Please contact:
Laura Counterman via laura@freshwatercc.org or 269-657-6500

32ND ANNUAL PAW PAW GRAPE LAKE 5K WALK/RUN



**Saturday,
September 11, 2021**

9 AM | 801 Hazen St, Paw Paw

MOVE FOR MENTAL HEALTH

Money raised will help people in crisis right here in Van Buren County through the following programs:

Community Mental Health

**Van Buren County Suicide
Prevention Coalition**

Daily Recovery Zone



Register for the race online by scanning this QR code on your phone camera.



2021 PAW PAW GRAPE LAKE 5K PAPER REGISTRATION

Please return by September 1, 2021

Information

Name

Contact Number

Email

Address

Date of Birth Age on 9/11/2021

Emergency Contact (name & number)

Check one
 5K Run 5K Walk

Check one
 Male Female

*You must include your DOB, Age, Gender, and whether you're running or walking in order to qualify for an award.

KAR OR RACERS Member? Yes No

Member code:

*KAR and RACERS members receive a registration discount of \$3

T-Shirt Size (if returned by August 25)

Small X-Large
 Medium 2X-Large
 Large Youth Large

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, Freshwater Community Church, 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 Walk/Run. 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, newspapers, 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 the participant is younger than 18, a parent or legal guardian must sign also.

Signature of parent or legal guardian

Race Cost for Paper Form — \$35.00
 -\$2.00 for KAR or RACERS Members

Cash or checks only for paper registration. Please make checks payable to Van Buren Development Council. For Credit Cards, please sign up online. Entry fees are non-refundable and non-transferable.



MOVE FOR MENTAL HEALTH

Saturday, September 11, 2021 @ 9 AM
 801 Hazen St, Paw Paw, MI 49079

Our Course

Join us for this fast, flat, certified 5K course around beautiful Maple Lake! The Grape Lake 5K Run/Walk is part of the Paw Paw Grape Lake Committee's commitment to maintaining and improving the health of Van Buren County and Southwest Michigan.



Money raised will help promote mental health here in Van Buren County through the following resources:
 Community Mental Health
 Van Buren County Suicide Prevention Coalition
 Daily Recovery Zone