

HEY 5K Run & 5K Walk Registration



The 1st annual **HEY 5K** is being run right through the city streets of downtown Muskegon! See Muskegon like never before! The race route takes you past new artistic displays like the Muskegon Rising sculpture in the city's center surrounded by beautiful new buildings like the Chamber of Commerce building and the new Baker Culinary Arts facility as well as the classic and historic architecture of the Muskegon Lumber Baron era. Make it a point to take in the 4 day **Unity Music Festival** being held on the same weekend. Good, clean, fun for everyone! Rain or shine...we'll see you there!

Dates, Times, Places

Race Day	August 14 th	8:00 AM	Train Depot Across from Heritage Landing
Early Packet Pick Up	August 13 th	3PM – 5PM	Train Depot Across from Heritage Landing
Race Day Check In	August 14 th	6:45 AM-7:45 AM	Train Depot Across from Heritage Landing
Entry fee	Early registration \$25 Postmarked before August 1 st includes shirt, \$17 no shirt	Late Registration \$30 Postmarked after August 1 st includes shirt, \$22 no shirt	Family of 4 rate \$40 no shirt, add \$10 for each shirt. Provide separate entry form for each and send in one envelope before August 1 st (No family rates after August 1st)
Age groups (Male/Female)	9 and under, 10-14, 15-19, 20-24, 25-29, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 to infinity and beyond		
Awards	Overall Male & Female, Master Male & Female, and 1 st , 2 nd , and 3 rd in each age group		

ONLINE REGISTRATION AVAILABLE AT WWW.GORACEGO.COM

-----DETACH AND RETURN WITH PAYMENT BEFORE AUGUST 1ST-----

EVENT (CIRCLE ONE)	5K RUN	5K WALK	GENDER (CIRCLE ONE)			MALE	FEMALE
Shirt Size	Small	Medium	Large	XL	2XL	3XL	No Shirt
E-Mail address							
First Name				Last Name			
Address			City		State	Zip	
Date of Birth	MM/DD/YY	Age (on day of race)			Phone		

In consideration of this entry, I hereby for myself, heirs, executors and administrators waive and release any claims that I may have against the City and/or County of Muskegon, the Race Director, Officials, any persons or organizations connected to this event, or any sponsors involved in the HEY 5K Run & HEY 5K Walk. I certify that I am physically able to participate in this event. I know that a road race is a potentially dangerous event and I assume all risk.

Signature required for entry

Parent sign if under 18

Mail to: Muskegon Community Radio
PO Box 1511
Muskegon, Michigan 49443
Contact number: **231-563-6280**

Proceeds to: Muskegon Community Radio **88.9 FM**
A nonprofit all volunteer commercial free public broadcasting station.
Contact name: **Bill Erickson**