

Go to HeyRadio.com for details or register online at RunSignUp.com



Run through the downtown city streets of Muskegon during the Unity weekend

Race Start Time	August 13 th	8:00 am	This event will take place at the Historic Train Depot also known as the Convention and Visitors Bureau 610 West Western Avenue Downtown Muskegon Across Shoreline Drive from the Heritage Landing
Early Packet Pickup	August 12 th	3:00 pm – 5:00 pm	
Race Day Check in	August 13 th	6:45 am – 7:45 am	

Entry Fee Options

Runners Registration (through August 3) \$25 with shirt \$20 no shirt	Runners Late Registration (August 4 through 14) \$30 with shirt \$25 no shirt	Family / Group Rates Families of 4 or more \$15 each (No shirt) Groups of 10 or more \$15 each (No shirt) Add \$10 for each shirt. Please provide one separate entry form for each participant. Mail all group entries in one envelope before August 1. No group rates after August 1
Walkers Registration (through August 3) \$20 with shirt \$18 no shirt	Walkers Late Registration (August 4 through 14) \$25 with shirt \$20 no shirt	

Age groups & Awards

9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+	1 st 2 nd 3 rd awards for overall male and female in each age group as well as Master, and Grand Master awards male and female.
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Register online at RunSignUp.com (service charge shared 50/50 with Hey Radio) or fill in the form below, detach and mail in with check or cash

----- Detach here -----

EVENT (circle one)	5K run	5K walk	GENDER (circle one)	male	female		
SHIRT SIZE (circle one)	Small	Medium	Large	X-Large	2X-Large	3X-Large	NO SHIRT
E-mail address	[Grid for email address]						
First Name				Last Name			
Street Address			City		State	Zip code	
Date of Birth mm dd yyyy	[Grid]	Age on race day	[Grid]	Phone	[Grid]	[Grid]	[Grid]
In consideration of this entry, I hereby for myself, my heirs, executors, and administrators waive and release any claims I may have against the City and/or County of Muskegon, the Race Director, Race Officials, any persons or organizations connected to this event or any sponsors involved in the HEY 5K Run/Walk. I certify that I am physically able to participate in this event knowing full well that a road race is a potentially dangerous event and I assume all responsibility.							
Signature of runner (required)				Signature of parent (required if runner is under 18)			
Mail to	HEY Radio PO Box 1511 Muskegon, MI 49443 Phone: 231-563-6280			Proceeds benefit Muskegon's community radio station Hey Radio 88.9 FM Whatever pandemic restrictions are still in place by Race Day, know that we will be following the recommended guidelines in order to keep you safe. Keep in mind that ultimately it is your responsibility to take any precautions that YOU see as necessary also. If you're sick, please stay home until you're well.			