

**The 13th
Annual "Warrior Run"
Monday, July 4, 2022
10k Run and 5k Run/Walk**

* **All proceeds support the Forest Area Track & Field Team/Volleyball Team**

* **Location:** The start and finish for both races will be at the Fife Lake Elementary School. Both races will begin at 8:00am.

The Course: The 10k is primarily a flat course with a few short hills and one short stretch of gravel road. The course follows along the shoreline of Fife Lake and takes you through many gorgeous sites. The 5k run/walk will take you through the streets of downtown Fife Lake where all the July 4th events will be taking place.

Aid Stations: There will be well-stocked water stations in both races. Refreshments will be available after the end of each race at Fife Lake Elementary School.

Awards: Men's and women's overall; top three (3) in each age group

Cost: Pre-register **BEFORE June 27th**=\$20.

Late registration= \$25

T-Shirts: Guaranteed to all pre-registered participants. Shirts available for late registers and day of event registration will be based on a "first come, first served." Size and quantity guaranteed **ONLY** to pre-registered participants.

Questions: For any questions or concerns, please call:

John Ensing (231) 878-1211

Please mail this form with entry fee to:

John Ensing, 438 State St., Fife Lake, MI 49633

Name _____ Shirt size _____

Sex M/F Age _____ Circle one: 10K 5K 5k walk

Address _____

City Zip _____

State _____

PLEASE MAKE CHECKS PAYABLE TO: FOREST AREA COMMUNITY SCHOOLS

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, waive and release forever any and all my rights for claims and damages I may accrue against Fife Lake or Forest Area Community Schools or the sponsors of The Warrior's Run. Including, but not limiting to: shin splints, torn hamstrings or quadriceps, fractured ankles, head trauma due to dehydration, West Nile from the exceptionally large grizzly mosquitoes on Lake Shore Drive, or any other injury I may suffer from this horribly long and hill induced race around Fife Lake.

Participant Signature _____

Parent/Guardian Signature _____