

**The 14th  
Annual "Warrior Run"  
Tuesday, July 4, 2023  
10k Run and 5k Run/Walk**

**\* All proceeds support the Forest Area Track & Field 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 \_\_\_\_\_