



# JULY 12 | 5K Run/Walk 1 Mile Fun Run

Grass Lake Community Events Park (130 Brown St. next to car wash)  
Fun Run Start: 7:00pm 5K Start: 7:30pm

Join us as we kick off the Traffic Jam'in Festival with a flat, scenic run/walk around the lake and nearby neighborhood. Finish strong in front of our Community Events Park Pavilion while listening to live music! Water station at the 1/2 way mark, refreshments and award ceremony following the 5K. Music on the course. Finisher medals for the 5K. Male/Female age group awards, 3-deep.

**Shirts guaranteed to registrations received by 6/15/19.**

Packet Pickup locations.- Thursday, July 11th from 4-8pm, Roaming Goat 115 S. Lake St., Grass Lake. On race day at the Start/Finish area from 5:30pm until race start. 5K course is certified.



Proceeds benefit local non-profit groups

For more information contact Dawn Cuddie at 517-268-3213 or coachcuddie@yahoo.com, or go to [www.grasslakechamber.org](http://www.grasslakechamber.org)

## RACE REGISTRATION FORM

RELEASE OF LIABILITY - I know that running the Traffic Jam'in 5K is a potentially hazardous activity. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to falls, contact with other participants, effects of weather including high temperature and/or humidity, lightning, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release all volunteers, Traffic Jam'in, Village of Grass Lake, and Jackson County from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. No refunds if race is canceled.

I agree to the Release of Liability Above

Coupon Code \_\_\_\_\_

### 5K Run/Walk

- \$20 Early Registration by 6/15/19
- \$25 Registration by 7/12/19
- \$30 Race Day Registration 5:30p to 6:30p

### 1 Mile Fun Run

- \$10 until 7/12/18
- \$15 Registration on Race Day from 5:30pm to 6:30pm

T-SHIRT SIZE: S M L XL

YOUTH T-SHIRT SIZE: YS YM YL

#### MAIL ENTRY FORM AND FEE TO:

GRASS LAKE ROAD RUNNERS  
ATTN: DAWN CUDDIE  
PO BOX 706  
GRASS LAKE MI 49240

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE: (     )     Email: \_\_\_\_\_

SIGNATURE \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN IF UNDER 18 YEARS \_\_\_\_\_

MAKE CHECKS PAYABLE TO: GLRCC Traffic Jam'in

**Sign up online at:** <https://runsignup.com/Race/MI/GrassLake/TrafficJamin5k>