

Results will be posted on  
[www.runmichigan.com](http://www.runmichigan.com)  
 ~and~  
 will be emailed to you if  
 email address provided on  
 registration form below.



Folks are welcome to  
 email photos from the race  
 to [jtousley@netbox.com](mailto:jtousley@netbox.com)

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**DATE:** Saturday, July 16, 2011 • **Time:** 8:10 A.M.—1 mile Fun Run/Walk  
 8:30 A.M.—5K Run & 5K Walk

**LOCATION:** Frankfort, Michigan—Goose Park, next to Benzie Shores District Library, Main Street  
 (35 miles southwest of Traverse City) Check-in and registration begins at 7:00 A.M.

**COURSE:** FLAT & FAST on the paved Betsie Valley Trail

**ENTRY FEES:** Pre-registration fees must be received by Friday, July 8, 2011

<p><b>Pre-Registration received by July 8</b></p> <p>5K / 5K Walk with t-shirt..... \$20          5K / 5K Walk no t-shirt ..... \$15</p>	<p><b>Race-Day Registration</b></p> <p>5K / 5K Walk with t-shirt*..... \$25          5K / 5K Walk no t-shirt..... \$20</p>
<i>*Only 150 t-shirts ordered—please pre-register if you really want a shirt!</i>	<i>1 Mile Fun Run / Walk is FREE (no t-shirt)!</i>

- Trophies to top male & female 5K / 5K Walk
- Medals to 2nd & 3rd place age group finishers 5K / 5K Walk
- Race benefits the FHS track & field program & the Betsie Valley Trail
- Trophies to 1st place age group winners 5K / 5K Walk
- Ribbons to all 1-mile fun run/walk participants

**REFRESHMENTS:** Fresh fruit & Gatorade to all participants

**QUESTIONS:** Jeff or Judi Tousley, 231-352-7698, [jtousley@netbox.com](mailto:jtousley@netbox.com), or [www.facebook.com/PortCityRun](http://www.facebook.com/PortCityRun)

• REGISTRATION FORM •  
 FRANKFORT PORT CITY RUN

Please print:

Full Name \_\_\_\_\_

Local Phone \_\_\_\_\_ Email \_\_\_\_\_

*Used for result notification & notice of next year's race*

☐ If name & address on reverse side label are correct, please check here—no need to fill out personal information on next two lines.

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Checks payable to: FRANKFORT PORT CITY RUN

Mail to: FRANKFORT PORT CITY RUN

c/o Jeff Tousley, 134 George Street, Frankfort, MI 49635

Please accept my entry to the Frankfort Port City Run road race. I hereby state that I have conditioned myself to run/walk more than the stated distance for the race in which I am entering. I waive any rights I may have against my sponsor or agents for damages or injuries incurred by my participation in the Frankfort Port City Run.

Date \_\_\_\_\_

Entrant's signature  
*(If under 18, parent/guardian to sign)*

Emergency Notification \_\_\_\_\_

EVENT	GENDER	T-SHIRT
<input type="checkbox"/> 1 Mile	<input type="checkbox"/> Male	Please Circle
<input type="checkbox"/> 5K Walk	<input type="checkbox"/> Female	S M L XL
<input type="checkbox"/> 5K		

Amount Enclosed \$ \_\_\_\_\_

5K AGE ON RACE DAY	5K WALK AGE ON RACE DAY
<input type="checkbox"/> 12 & Under	<input type="checkbox"/> 10-19
<input type="checkbox"/> 13-15	<input type="checkbox"/> 20-29
<input type="checkbox"/> 16-18	<input type="checkbox"/> 30-39
<input type="checkbox"/> 19-24	<input type="checkbox"/> 40-49
<input type="checkbox"/> 25-29	<input type="checkbox"/> 50-59
<input type="checkbox"/> 30-34	<input type="checkbox"/> 60-69
<input type="checkbox"/> 35-39	<input type="checkbox"/> 70-79
<input type="checkbox"/> 40-44	<input type="checkbox"/> 80+
<input type="checkbox"/> 45-49	
<input type="checkbox"/> 50-54	
<input type="checkbox"/> 55-59	
<input type="checkbox"/> 60-64	
<input type="checkbox"/> 65-69	
<input type="checkbox"/> 70-79	
<input type="checkbox"/> 80+	