



CORRAL START
 (like the *DIPSEA Race*)
 9:00 AM ½ Marathon
 9:30 AM 10k Run & Walk
 10:00 AM 5k Run & Walk
 10:05 AM 1k Kids Fun Run (free)

RUN OR SPORT WALK A FANTASTIC COURSE!

This non-repeat, all trail course located in the 820 acre Dr. T. K. Lawless County Park is a hidden gem in the beautiful southwest Michigan. This natural scenic odyssey of forest and field includes 6 charming bridge crossings, lots of streams and small lakes, and, of course, some hills. Sandhill Cranes do frequent this bucolic area, adding charm to the course – take it as a *good omen* if you see one during your race.

- Dynamite custom design *long sleeve performance* T-shirts to all finishers. (Register by SEP 30 to guarantee shirt on race day – **AFTER OCT 6** sign up *only* ONLINE or AT RACE **7:45-8:45am**)
- Laser cut custom wood award for top two finishers and medals for third in each age group.
- Water and sport drink on the course and a great re-hydration station at the finish featuring fruit, sport drink, Popsicle, potato chips, homemade cookies and water.
- Chip timing for 5k, 10k and ½ Marathon (Chip timing will close at Noon - course open to 1:30PM)
- Music DJ at start and finish, and two music stations on the course to inspire participants.
- Finishers in all races from Cass County, Niles and the Granger area will be listed in an *HONOR ROLL* in the appropriate newspapers.
- Race benefits the **Cass County Parks** and the **Dowagiac Rotary Club**
- **No parking fee again this year!.**[15122 Monkey Run Street, Vandalia, MI 49095]



3 WAYS TO REGISTER: ONLINE ~ MAIL ~ RACE DAY
 REGISTER ONLINE AT: **RunSignUp.com**

----- CLIP and MAIL below -----

SANDHILL CRANE 10/13/2018 MANUAL ENTRY FORM (PLEASE PRINT CLEARLY)

NAME: _____ GENDER (CIRCLE ONE): M F Age: ____ (on race day)

MAIL ADDRESS: _____ CITY: _____ ST: ____ ZIP _____

CELL/CONTACT PHONE: _____ EMAIL: _____

RACE (CIRCLE ONE): ½ Marathon 10k 5k T-SHIRT SIZE (CIRCLE ONE): (S, M, L, XL, XXL)

RACE FEES: Mail In entry fee \$25. OR \$30 after OCT 6 (ONLINE & RACE DAY ONLY)

ENCLOSED is check for: ____ \$25 postmarked by SEP 29 (last day to mail it in)

CHECK PAYABLE TO: **Cass County Parks** (Please note *Sandhill Race* on comment line)

MAIL TO: **Cass County Parks, 120 N. Broadway, Suite 209, Cassopolis, MI 49031**

FILL ALL INFORMATION: including, gender, age, T-shirt size & race choice

