

June 15, 2019

Margaret Upton Arboretum
St. Joseph, MI

7th Annual Alex's duck duck run

www.thealexmandarinofoundation.org



ENTRY FEES

5K Run/Walk Pre-Registration \$25

On or before June 2

5K Flock (sign-up 4 runners/walkers) \$80

On or before May 18

5K Run/Walk Late Registration \$30

June 3 - June 15

1K Kids' Fun Run \$15

Duck Duck Supporter (t-shirt only) \$20

On or before June 2

Make Checks Payable to: The Alex Mandarinino Foundation

Free Activities for Kids

FACE PAINTING BALLOON TWISTING INFLATABLE SLIDES

Presented By:



Proceeds Benefit:



The Alex Mandarinino Foundation is a 501(c)3 tax exempt public charity.

5K Run/Walk

9:00 a.m.

Participants will race along Silver Beach, Lions Park Beach, Howard Recreational Trail and then through the Whirlpool Compass Fountain. Runners and walkers will be chip timed using the Bib Tag System. Awards will be given to the the top 2 female and male finishers in each age group.

1K Fun Run

8:25 a.m.

Children will follow a safe 0.62 mile route along a paved sidewalk. Parents are encouraged to run with younger children. All participants receive a race bib, award and t-shirt. Recommended for ages 11 and younger.

WAYS TO SIGN-UP

- **In Person:** Connected Soles, 1501 Niles Ave., St. Joseph, MI
- **Mail:** The Alex Mandarinino Foundation, 1409 Wolcott Ave. St. Joseph, MI 49085
- **Online:** thealexmandarinofoundation.org
- **At Packet Pick-Up:** June 14 from 4 - 8 p.m., United Federal Credit Union, 2819 S. State St., St. Joseph, MI
- **On Race Day:** June 15 from 7:30 - 8:45 a.m., Margaret Upton Arboretum, St. Joseph, MI

- SELECT AN EVENT: 5K Run/Walk - 9 a.m. Start
 1K Kids' Fun Run - 8:25 a.m. Start
 Duck Duck Supporter (t-shirt only)

T-SHIRT SIZE: A short sleeve tee is guaranteed to all who register by June 2.

- Adult: S M L XL 2XL (+\$1) 3XL (+\$2)
- Women: XS S M L
- Youth: XS S M L XL
- No Shirt:

First Name: _____

Last Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

Phone: (_____) _____

Age (on race day): _____ Male Female

X _____
Signature of athlete or or parent/guardian if under 18 years

In consideration for and of acceptance of this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Alex's Duck Duck Run, the City of St. Joseph, Epic Race Timing, LLC, their representatives, successors, and assigns for any and all injuries or illnesses which may result directly or indirectly from my participation in the Alex's Duck Duck Run event and related activities. I further state that I am in proper physical condition to participate in this event. I assume all risks in this event. Further, I hereby grant permission for the free use of my name and/or any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose. (Participants under 18 must have parental signature).