



Alex's duck duck run

Margaret Upton Arboretum, St. Joseph, MI



ENTRY FEES

- 5K Run/Walk Pre-Registration \$25
On or before June 1
- 5K Flock (sign-up 4 or more for the 5K) \$20/person
On or before June 1
- 5K Run/Walk Late Registration \$30
June 1 - June 13
- 1K Kids' Fun Run Pre-Registration \$15
On or before June 1
- 1K Kids' Fun Run Late Registration \$20
June 2 - June 13
- Duck Duck Supporter (t-shirt only) \$25
On or before June 1 Buy 2 or more for \$20 each

Make Checks Payable to: The Alex Mandarin Foundation

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.

SIGN-UP

- **Mail:** The Alex Mandarin Foundation
3158 Estates Pl N., St. Joseph, MI 49085
- **Online:** thealexmandarinofoundation.org
- **At Packet Pick-Up:** Friday, June 12 from
3:00 p.m.-6:00 p.m, Upton Middle School



1K KIDS' FUN RUN

8:40a.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.

- SELECT AN EVENT: 5K Run/Walk 9 a.m.
 1K Kids' Fun Run 8:40 a.m.
 Duck Duck Supporter (t-shirt only)

T-SHIRT SIZE: A short sleeve tee is guaranteed to all who register by June 1

- 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).