

Results will be posted on  
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

**DATE:** Saturday, July 18, 2009 • **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 10, 2009

Pre-Registration received by July 10		Race-Day Registration	
5K / 5K Walk with t-shirt	\$20	5K / 5K Walk with t-shirt*	\$25
5K / 5K Walk no t-shirt	\$15	5K / 5K Walk no t-shirt	\$20

*\*Only 150 t-shirts ordered—please pre-register if you really want a shirt!* *1 Mile Fun Run / Walk is FREE (no t-shirt)!*

- 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

• REGISTRATION FORM •  
FRANKFORT PORT CITY RUN

Please print:

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

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

*Only 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
[ ] 1 Mile	[ ] Male	Please Circle
[ ] 5K Walk	[ ] Female	S M L XL
[ ] 5K		

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

5K AGE ON RACE DAY	5K WALK AGE ON RACE DAY
[ ] 12 & Under	[ ] 10-19
[ ] 13-15	[ ] 20-29
[ ] 16-18	[ ] 30-39
[ ] 19-24	[ ] 40-49
[ ] 25-29	[ ] 50-59
[ ] 30-34	[ ] 60-69
[ ] 35-39	[ ] 70+
[ ] 40-44	
[ ] 45-49	
[ ] 50-54	
[ ] 55-59	
[ ] 60-64	
[ ] 65-69	
[ ] 70+	