



WE SERVE

Lions Clubs bring people together...
...for friendships.
...for a better tomorrow.

Making a Difference Today

If you think you might like to be part of the Lion's Club, why not attend a meeting or two and check us out? We meet at 6:30 p.m. on the second and fourth Wednesdays of most months.

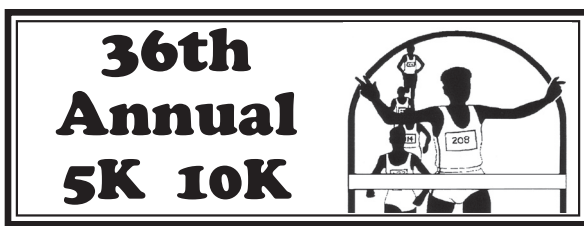
- Roger Barber
Morning Bear
DeVere Bendixen
Tom Christmas
Dennis Cook
Don Cook
Nancy Cook
Ron Cooper
Morrie Dadd
Terri Draeger
Jim Essenberg
Jim Feldt
Bruce Gaultney
Bruce Gaultney, Jr.
Cindy Gaultney
Ben Gillette
Dan Guzek
Susan Halter
Dave Heylman
Duane Huyser
Keith Johnson
Lori Johnson
Alice Kauppila
Jim Kauppila
Dave Kendrick
Bernie Langlois
Dan Leaver
David Markgraf
Mike Michelli
Barry Miller
Gary Moore
Ronnie Mykols
Floyd Peplinski
Tom Piper
Neil Panches
Alan Richter
Larry Rogers
Jim Schippers
Glen Selle
Dale Strasler
Pat Stressman
Russ Stressman
Bob Szymoniak
Larry Swisher
Heidi Tice
Rick Tice
Joyce Tofil
Carl Werner
Dan Weesies
Chuck Whitlow
Steve Wilson
David Ybarra
Fred Yonkers

Fruitport Lioness Information

The Fruitport Lioness Club is a small, but active organization. Over the past several years, we have contributed over \$6,000 annually to various groups in our immediate area, as well as the Lions' projects throughout Michigan.

Membership is open to any woman in our community who is interested in diversified programs, some work, and a feeling of accomplishment for a job well done.

- Dee Barber
Diane Birchmeier
Kim Chappell
Margaret Cook
Mariann Cooper
Rose Dillon
Lori Essenberg
Carol Hulka
Carol Langlois
Sue Meyers
June Moore
Marsha Musil
Stacie Petersen
Donna Pope
Rhonda Rogers
Valerie Rogers
Pat Stressman
Alice Szpieg
Bonnie Torrants



Fruitport Old Fashioned Days Run

Sponsored by Fruitport Lions Club

Saturday morning
May 27, 2017
8:30 (10K) &
8:40 (5K & Walkers)

Football Field
Fruitport High School
Corner of 6th & Beech St.

Course

Measured loop course through scenic, but hilly Fruitport countryside.

Aid station at 3 miles and 5 miles: split times at 1, 3, and 5 miles. Post race refreshments provided. Restrooms and showers available at the Fruitport Middle School.

Entry Fee - two choices

With T-shirts

\$20.00 before deadline date (5/23/17)
\$25.00 thereafter, including race day

Without T-shirts

\$13.00 before deadline date (5/23/17)
\$15.00 thereafter, including race day

Make checks payable to:
Fruitport Lions Club Run

Official Entry Form

(Please print clearly)

NAME: First Last

ADDRESS:
City, State, Zip

EMAIL:

TELEPHONE NUMBER:

5K 10K
Walkers
Male Female

Date of birth: / /

Age on race day:



Paper registration ending on Tuesday, May 23, 2017 at 5:00pm

On-line registration ending at 12pm (Noon) Friday, May 26, 2017 (www.GoRaceGo.com)

Early packet pick-up and late registration Friday, May 26, 2017 from 4 to 5:30pm at Fruitport High School football field concession building (3113 E. Pontaluna Rd. - park at Middle School parking lot)

Race day, Saturday, May 27, 2017, packet pick-up and registration beginning at 7:00 - 8:00am on FHS football field.



MICHIGAN FITNESS FOUNDATION

Any proceeds the Fruitport Lions Club realizes from this event as well as other Old Fashioned Days activities are used to support new and ongoing community projects.

Course Records

- 5K (male) - Tom Chorny 14:47.9 (2008)
5K (female) - Sue McDonald 17:26.8 (1982)
10K (male) - Bob Lewis 29:31.6 (1982)
10K (female) - MaryAnn Gedritis 40:08.8 (1982)
Wheel chair - Jennifer Raymond 19:36 - (1997)

Race Time

8:30am - 10K
8:40am - 5K & Walkers

Runners and walkers will be electronically timed at finish line.



T-Shirt Size

S M L XL
If no T-shirt requested, check here (T-Shirt not guaranteed for late registration)

Emergency Contact

Name Telephone

Waiver

(This release of obligation must be signed)
In consideration of your accepting this entry form, I hereby for myself, my heirs, executors, and administrators, waive and release all rights and claims for damages I may have against the Fruitport 5,000 and 10,000 meter Road Race, the sponsors of these events, it's agents, representatives, successors, and assigners for any and all injuries suffered by me at said run, or which may arise out of my traveling to, participating in and returning from these events.

Participant's Signature

Date:
Parent's or Guardian's Signature - if under 18 years old

mail to: Old Fashioned Days Run

16715 Pond Creek Court
Spring Lake, MI 49456

or on-line registration at
www.GoRaceGo.com