



**FREMONT**  
Michigan

**Thanks to All Who Make the  
Fall Harvest Hike & 5K Run Happen!**

The Fall Harvest Hike & 5K Run is a Fall Harvest Festival Activity sponsored by the **Fremont Area Chamber of Commerce**. The **City of Fremont** sponsors the Hike & 5K Run.



Thank you to the **City of Fremont, Koffee Kuppe, Anytime Fitness** and **The Fremont Recreation Center** for their generosity for providing the free t-shirts.



**Questions:**

Contact Melanie or Colin at the City of Fremont at (231)924-2101 if you have questions.

Registration forms are to be submitted at the Fremont City Hall at 101 E. Main Street in Fremont.



**FREMONT**  
Michigan



**Harvest Hike & 5K Run**

**Branstrom Park, Fremont**  
**\*For Healthier Lifestyles\***

**A Fremont Fall Harvest Festival Activity**

**14th Annual Hike & 5K Run**  
**Free—No Entry Fee**

**Saturday, October 5, 2019**

**Regular physical activity is one of the most powerful preventative health behaviors!**

**Free T-shirts provided by the City of Fremont, Koffee Kuppe, Anytime Fitness and The Fremont Recreation Center for the first 150 registrants**



## Background Information

The Fall Harvest Hike & 5K Run event originated in 2006 as a way for the City of Fremont to promote healthy lifestyles in the greater Fremont Community. This is the Fourteenth Annual Fall Harvest Hike & 5K Run.

**What:** 5K Run/Walk

**(Run will have a clock at the finish line but results will not be kept.)**

**When:** Saturday, October 5, 2019

Registration: 8:00 a.m. – 8:30 a.m.

Run/walk begins: 8:40 a.m. – 8:50 a.m.

**Where:** Branstrom Park, Fremont, MI

**Who:** Anyone who is interested in adding more healthy activity to his/her life.

**How much:** Free

### Free T-shirt:

The first 150 applicants who pre-register by 5:00 p.m. on Monday, September 23, 2019 will receive a free T-shirt provided by the **City of Fremont, Koffee Kuppe, Anytime Fitness and The Fremont Recreation Center**. You can register the day of the event but there is no guarantee of a free t-shirt, so register early! **Ages 7 and older are eligible for a free shirt.**

Maps are available at the Fremont City Hall, the Fremont Area Chamber of Commerce, and on the City's Website at **www.cityoffremont.net**.

### Facilities:

The Fall Harvest Festival Hike & 5K Run headquarters will be at the Branstrom Park Lodge.

### Age Divisions for Runners for both Men and Women:

|              |       |
|--------------|-------|
| 14 and Under | 15-19 |
| 20-29        | 30-39 |
| 40-49        | 50-59 |
| 60 and over  |       |

Awards will go to the overall male and female winners of the 5K race. The first place finishers in each age and gender category will receive a medal.

The walk is not a timed race. Therefore, prizes will not be awarded. However, there will be a drawing for prizes, and all registrants are eligible to win.

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

State/Zip Code: \_\_\_\_\_

Phone #: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Sex: \_\_\_ Male \_\_\_ Female

T-shirts: \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ 2XL

**T-shirts for first 150 registrants who pre-register by 5:00 p.m. on Monday, September 23, 2019. Ages 7 and older are eligible for a free shirt.**

Check which activity you will participate in:

\_\_\_ 5K Run—3.1 Miles

\_\_\_ 5K Walk—3.1 Miles

May we share this information? \_\_\_ Y \_\_\_ N

This form must be signed by the athlete and/or parent guardian of athletes under 18. I hereby release the promoters, sponsors and officials of the Fall Harvest Hike & 5K Run event to be held on Saturday, October 5, 2019 from all damages or injuries incurred during or arising out of my participation in the event. I also certify that I am in sufficient physical condition to participate in the event. The race management team reserves the right to cancel the event due to weather or other conditions that the race management team sees as dangerous to event participants. In the case of cancellation, the event will not be rescheduled.

Signature:

\_\_\_\_\_  
Name (Print):

\_\_\_\_\_