

**Welcome to the 34th celebration
of running at beautiful Clark Lake**

Join us in our 34th celebration of running at Clark Lake. You'll enjoy our USATF certified courses that follow the perimeter of the lake on gently rolling roadways and our post-race celebration is a summer party to enjoy.

For additional information call Race Director Pat Dwyer or Assistant Director Liz Colegrove at 517-782-6106. Spirit volunteers call Annie Swain at 517-529-9485.

Donations and Contributions

Donations from this event will be used to fund the Thomas R. Collins Memorial Spirit Trail. We have paved a major section of the southeast portion of the trail this past year and all donations, large or small, will be greatly appreciated.

Location/Parking

All races start and finish at the east end of Clark Lake, MI, adjacent to the Beach Bar and to the public park and beach. Use the Beach Bar parking lots (to the south and behind the building.) **DO NOT PARK ALONG EITHER SIDE OF OCEAN BEACH ROAD.**

Starting Times

5K Run..... 8:30 a.m.
5K Walk 8:31 a.m.
12K Run..... 8:35 a.m.
3/4K Kids approx. 10:00 a.m.
Awards immediately following

Registration and Results

Online registration at www.active.com through July 26. Printable entry forms can be found at www.beach-barclarklake.com (click on Directions and Links) and post race results at www.runmichigan.com. Results will also be published the next day in the Jackson Citizen Patriot.

Early registration must be post marked on or before July 23. Do not mail entries after this time.
All others, Friday, July 31, 6:00 p.m. to 8:00 p.m., and race day, Saturday, August 1, 7:00 a.m. to 8:15 a.m. at the Beach Bar, 3509 Ocean Beach Road, Clark Lake.

Checks payable to: Clark Lake Spirit
702 Hague Avenue, Jackson, MI 49203.
Entry fee is non-refundable and non-transferable.

SORRY, NO DOGS OR PETS ALLOWED

Additional Information

sixthdwyer@comcast.net
Race Director: Pat Dwyer 517-782-6106
Assistant Director: Liz Colegrove 517-782-6106
Spirit Volunteer Coordinator: Annie Swain 517-529-9485

Awards and Age Groups

5K Run/Walk and 12K Run Awards to overall male and female in Open & Masters Divisions. Awards to top three in each age group. Special awards in 5K Run to **top ten finishers in male and female high school division.** 3/4K Kids Fun Run awards to all participants.

5K Run: 13 & under, 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, and every 5 year age group beyond.

5K Walk: 19 & under, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-70, 70-80, 80 & over.

3/4K Kids Fun Run: 9-11, 8 & under.

12K: 17 & under, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and every 5 year age group beyond.

12K Cash Awards

Overall male and female:
1st - \$100 2nd - \$75 3rd - \$50
Master male and female:
1st - \$100 2nd - \$75 3rd - \$50
Set your age group record.....\$50
Open male and female course record:\$100
Masters male and female course record:\$100

No cash awards to those 18 and under or with remaining college eligibility. NO EXCEPTIONS.

Entry Form

One entry for each applicant. Please print.
Entry may be photocopied.
DO NOT MAIL AFTER 7/23/09

Name: _____

Street: _____

City: _____

State: _____ Zip: _____

Phone: _____

E-mail: _____

Age on 8-1-09: _____ Gender: M F

I am eligible for cash awards Yes No

T-Shirt Size: 6-8 10-12 Adult: S M L XL XXL (Add \$3)

Check Event

5K Run 5K Walk 12K Run

Before 7-23-09 **with** shirt \$20.00 _____

Before 7-23-09 **without** shirt \$17.00 _____

After 7-23-09 **with** shirt \$25.00 _____

After 7-23-09 **without** shirt \$20.00 _____

3/4K Kids Fun Run

Before 7-23-09 **with** shirt \$10.00 _____

Before 7-23-09 **without** shirt \$ 5.00 _____

After 7-23-09 **with** shirt \$12.00 _____

After 7-23-09 **without** shirt \$ 7.00 _____

XXL Shirt Add \$ 3.00 _____

Donation to Spirit Trail _____

Total Due _____

Checks payable and mail to: Clark Lake Spirit
702 Hague Avenue, Jackson, MI 49203

Waiver: In consideration of the acceptance of my entry, I for myself, my executors, administrators and assigned do hereby release and discharge the Run Clark Lake runs, the race committee, its agents, affiliates, representatives, the Cit Pat, and any and all other sponsors jointly and severally, for any and all claims of injuries or damages incurred by me as a result of or in connection with this event. I attest and verify that I have full knowledge of the risks involved in the event and I am physically fit and trained to participate in this event.

Signature _____ Date _____

(Parent if participant is under 18)

EVENT SPONSORS

12K Classic

5K Community Walk

5K Challenge

3/4K Kids Fun Run



PREMIER PROPERTIES, L.L.C.

franslat.com kimdagenais.com

Additional Sponsors: www.active.com • Anderson Distributing • Step One • JARDA • Columbia Township Police
Clark Lake Foundation • Orthopaedic Rehab Specialists • Jackson Citizen Patriot

CLARK LAKE SPIRIT
 702 HAGUE AVENUE
 JACKSON, MI 49203

CLARK LAKE
 54th Anniversary
 RUN CLARK LAKE
 Saturday, August 1, 2009



Event Sponsors

12K Classic

BEACH
 BAR & RESTAURANT

5K Community Walk



5K Challenge



3/4K Kids Fun Run

**P R E M I E R
 PROPERTIES, L.L.C.**

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NON PROFIT
 ORGANIZATION
 US POSTAGE
 PAID
 CLARK LAKE, MI
 PERMIT # 10

Clark Lake Run is part of
 the Cit Pat running series.



Course Records

Beach Bar 12K Classic

Age	Sex	Name	Time	Pace	Year
0-17	M	David Brent	40:18.5	5:25	2005
	F	Simone Scheele	48:16.2	6:28	2003
18-24	M	Josh Moen	36:39.9	4:55	2005
	F	Sara Hinkley*	42:57.0	5:46	2007
25-29	M	Emmanuel Korir*	36:13.0	4:52	2006
	F	Monica Hostetter	43:24.7	5:49	2003
30-34	M	Guy Murray	38:11.4	5:07	2001
	F	Ann Boyd	44:37.1	5:59	1998
35-39	M	Paul Aufdemberge	36:40.4	4:55	2004
	F	Ann Flynn	44:14.6	5:56	2000
40-44	M	Paul Aufdemberge	37:52.6	5:05	2005
	F	Cindy Keeler	45:46.4	6:08	2001
45-49	M	Gary Wolfram	41:23.3	5:33	1998
	F	Brenda Lynch	49:31.1	6:38	2000
50-54	M	Gary Rizzo	44:06.1	5:55	2003
	F	Brenda Lynch	48:53.2	6:34	2001
55-59	M	Doug Kurtis	44:19.8	5:57	2007
	F	Donna Olson	55:43.7	7:21	2005
60-64	M	James Carlton	46:14.4	6:12	2004
	F	Ellen Nitz	58:19.8	7:49	2000
65-69	M	Ron Brant	55:32.3	7:27	2003
65+	F	Ellen Nitz	1:03.06	8:28	2005
70-74	M	Jim Beall	54:17.7	7:17	2000
75-79	M	Jim Forshee	1:03.02	8:27	2003
85-89	M	Paul Hansen	1:22.26	11:04	2006

* Course Records

