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If you have any questions or want to volunteer, please contact race director, Hal Wolfe, via email [runlikehal@yahoo.com](mailto:runlikehal@yahoo.com)

# 2016 GALLUP GALLOP

**5k Run/Fitness Walk & 1 Mile Fun Run**

On-line event info and registration:

<http://www.GallupGallop.com>

## 2016 Gallup Gallop 5K



**Gallup Park, Ann Arbor MI Saturday July 9, 2016**

**A Celebration of Life and Health & Fitness**

**Gallup Park, 3000 Fuller Rd., Ann Arbor, MI 48105**

**Saturday, July 9**

# 2016 Gallup Gallop Registration Form\*

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

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

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

| Event                                      | Adult fee** | Youth fee (17 & under)** |
|--|-------------|--------------------------|
| <input type="checkbox"/> 5k Run / Walk     | \$30 _____  | \$25 _____               |
| <input type="checkbox"/> 1 Mile Fun Run    | \$10 _____  | \$5 _____                |
| <input type="checkbox"/> 1 Mile / 5K Combo | \$25 _____  | \$20 _____               |

T-Shirt Size: ☐ S ☐ M ☐ L ☐ XL

☐ Youth M \*\*on-line fees are ~\$2 less than mail-in fee's listed here

\_\_\_\_\_  
\*Signature (of parent or guardian, if runner is under 18)

Date: \_\_\_\_\_

In case of emergency, call \_\_\_\_\_ Phone \_\_\_\_\_

**Make Check Payable to: Ann Arbor Track Club – Gallup Gallop**  
**8467 Barrington Drive, Superior Twp, MI 48198**  
*Payments must be postmarked by 7/1/2016.*

**\*Waiver:** Participation in a road race training program involves risks of serious injury and physical strain. I have read and understand this statement and agree to assume all risks of personal injury or other physical or emotional ailments. I hereby waive all liability claims against City of Ann Arbor, the Ann Arbor Track Club and other sponsors for any injuries I may incur from participation in these events. Further, I hereby grant full permission to use audio or visual records of this event for any legitimate purpose.

## Gallup Gallop

**Gallup Park – 3000 Fuller Rd., Ann Arbor, MI**

**5k Run/Fitness Walk & 1 Mile Fun Run**

**Saturday, July 9 @ 8:30 / 9:00 am – Rain or Shine**

The Gallup Gallop 5k takes place on the nationally recognized Gallup Park Trail, a [USATF certified course](#). It starts & finishes near Gallup Park Canoe Livery and is held in conjunction with the Huron River Day celebration in Gallup Park the next day (Sunday).

**Online Registration:** <http://www.GallupGallop.com/register>

The entry fee includes a T-shirt – please select your size during registration process. Youth discount: \$5 off either race for all youth 17 and under.

**Race Day Registration – Cash only:** Gallup Park Canoe Livery from 7:15 to 8:30 am. Race day registrants are not guaranteed T-shirts.

**5k Run/Walk Fees:** \$30 (non-refundable), postmarked by 7/1. Race Day: \$30.

**1 Mile Fun Run:** \$10 (non-refundable), postmarked by 7/1. Race Day: \$10.

**Youth discount:** \$5 off either race for all youth 17 and under.

**Run 'em both!** All 5K runners can run the mile combo for no additional cost.

**Mail-in handling fee:** please add \$5 for all adult 5K mail-in registrations (ie \$30)

**Check-In: 1 Mile starts at 8:30 am. 5k Run/Walk start at 9 am.** Race packet pickup is at the race headquarters: Gallup Park Meeting Room, by the Canoe Livery, between 7:15 am and 8:45 am. Please ensure early arrival for the 1 Mile run, as it starts roughly ¼ mile away.

**Times:** Finish times will be recorded & posted after the race.

**Awards:** Unique prizes will be awarded three deep in each age division

**Age Divisions Awards: 5k Run/Walk:** Overall Male and Female, Masters (over 40 years old) Male and Female; 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over.

**1 Mile Fun Run:** Overall Male and Female.

*This year, the event will support Running Blind - a 501(c)3 founded by race director Hal Wolfe supporting people with visual impairments (see website at [www.runingblind.org](http://www.runingblind.org)). We will also be fundraising again this year on behalf of the Prostate Cancer Foundation. (See info at [www.pcf.org](http://www.pcf.org).)*