We appreciate and recognize that this event is made possible only through the generous support of:









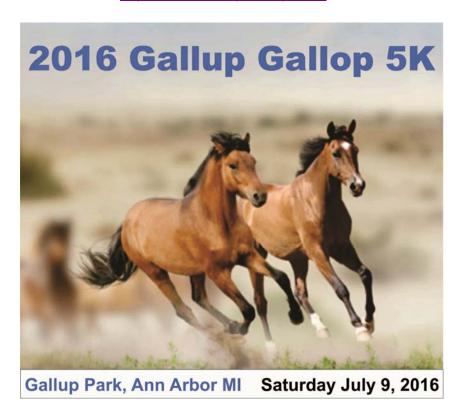


# 2016 GALLUP GALLOP

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

On-line event info and registration:

http://www.GallupGallop.com



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 Rac	e Day: Male:_	Female:
Email Address:			
Event	Adult fee**	Youth fee (17 & un	nder)**
5k Run / Walk	\$30	\$25	
1 Mile Fun Run	\$10	\$5	
1 Mile / 5K Combo	\$25	\$20	
T-Shirt Size: S	M	_	
Youth M	**on-line fees	are ~\$2 less than ma	il-in fee's listed here
*Signature (of parent or g	uardian, if runne	Date:	
In case of emergency, cal	I	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 wave 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 <u>USATF certified course</u>. 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 1/4 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 <a href="https://www.runingblind.org">www.runingblind.org</a>). We will also be fundraising again this year on behalf of the Prostate Cancer Foundation. (See info at <a href="https://www.pcf.org">www.pcf.org</a>.)