



5th Annual Bramble Ramble 5k Trail Run/Walk 2nd Annual Mike Seaman Memorial 10k

Race Information: Start and finish behind the Barn Theater, adjacent to Montcalm Community College's Sidney campus. Use MCC's main entrance to park in large lot closest to theater or park in the Barn Theater parking lot, just west of main entrance.

Start times: 10k Run@ 9:00am; 5k Walk@ 9:15; 5k Run@ 9:30. Dogs welcome on walk. All proceeds go to the MCC Nature Trails for improvement, community outreach and education.

Registration and Packet Pick-up Information:

Early registration: \$20 per person or \$35 Family rate by September 14

- Long-sleeved T-shirts limited; register early!
- Family: include a form for each runner and include shirt size)

Late registration: \$25 per person or \$40 Family rate on site only after September 14. Please do not mail registration after September 17.

Packet pick-up and late registration: 7:30-8:45 a.m. Saturday, September 21, near start.

Course Description: A mix of flat wide trails and narrow, wooded hills, pavement, fields.

Facilities: Restrooms will be available in MCC's Barn Theater.

Awards: Overall Male/Female, age group winners.

Additional Information: contact Cheryl Meyer (cherylm@montcalm.edu) or the MCC Nature Trails Committee (naturetrails@montcalm.edu) with questions.

Mail Entry Form:

Montcalm Community College, c/o Cheryl Meyer, 2800 College Drive, Sidney, Michigan, 48885

Make checks payable to: Montcalm Community College

NAME: _____ AGE: _____ SEX: _____ PHONE: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP _____

Check one: 10k Run ___ 5K RUN: ___ 5K WALK: ___ Check one: Individual ___ Family ___

Circle Shirt size: YM YL S M L XL 2XL (add \$2) 3XL (add \$2)

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release Montcalm Community College, The MCC Nature Trails Committee, and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent or guardian Signature, if younger than 18)

Date