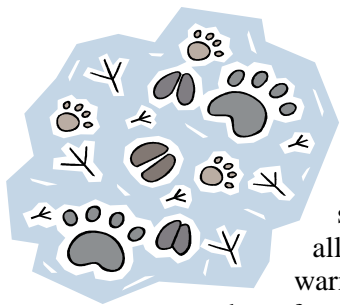


# SARETT SPRING STAMPEDE

## Saturday, April 9<sup>th</sup>, 2022, at 9:00 A.M. EST

### At Sarett Nature Center



The Spring Stampede will offer an in-person race option and a virtual race option this year. For the in-person race, we will have a new course and use wave starts, 3 minutes apart and 30 people per wave. We will call one wave to the starting line at a time. Participants will stand on “X”, which will be placed 6’ apart to keep everyone socially distanced. We ask that all participants wear a mask before, at the starting line, and after their race. While you are warming up or racing, you do not need to wear a mask. For the virtual race, participants will

have from April 9<sup>th</sup> -April 17<sup>th</sup> to complete their 5k. Virtual race results must be entered by 10:00 pm on Sunday, April 17<sup>th</sup>. Virtual racers can pick-up their medals starting on April 19<sup>th</sup> - May 1<sup>st</sup> during the nature center’s business hours. **For the virtual race, if you would like your medal and/or shirt mailed to you, please add an extra \$7.50 for shipping to your entry fee.** The funds raised from this event will help Sarett Nature Center continue to provide environmental education programs for over 25,000 school children each year. The entry fee is \$20 before March 19<sup>th</sup>, 2022 and \$25 after March 19<sup>th</sup>, 2022. **Your entry must be received on or before March 25<sup>th</sup> to guarantee your race t-shirt.** At 8:30 am, the kids’ 1-mile fun run will start. \$1 is the entry fee for the fun run and all participants will receive a finisher’s ribbon. You can drop off your entry form at Sarett or mail it to: Mike Mahler at Sarett Nature Center, 2300 Benton Center Rd., Benton Harbor, MI 49022. You can also register on-line at <https://runsignup.com/sarettspringstampede> . Race packets and t-shirts can be picked up at the nature center on Thursday and Friday, April 7<sup>th</sup> & 8<sup>th</sup> from 9:00 am to 6:00 pm and on race morning starting at 8:00 am. Due to COVID, there will be **no race day registration** and no age group awards. Instead, we will pass out medals at the finish line to all participants that complete the 5k. Members of Sarett Nature Center and the SWMI RACERS receive a \$3 discount. The Spring Stampede is a part of the SWMI RACERS Community Race Series.

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ Age on race day (April 9, 2022): \_\_\_\_\_  
 Birth Date: \_\_\_\_\_ Sex (Circle One): M F

Email address: \_\_\_\_\_

SWMI RACERS promo code: \_\_\_\_\_

T-shirt size: (circle one): S M L XL XXL

Choose Race Type (circle one): In-person Race Virtual Race

Race: (circle one): 5K run 5K walk Kids 1 Mile Fun Run

Awards & race shirt (circle one): Pick-up at Sarett Mailed (+\$7.50 for shipping)

Please select a wave start time for your race (circle one): 9:00 am 9:03 am 9:09 am 9:12 am  
 9:15 am 9:18 am 9:21 am 9:24 am 9:27 am 9:30 am 9:33 am

Please accept my entry in the Sarett Spring Stampede 5K run, 5K walk, or 1-mile kids run. I state that I believe I am physically fit for the event I enter. I waive any rights I may have against Sarett Nature Center, its employees, volunteers, consultants, or sponsors for damage or injuries occasioned by my participation in Sarett Nature Center's Spring Stampede 5K run and 5K walk.

Entrant's Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Parent Signature (If under 18 years old) \_\_\_\_\_