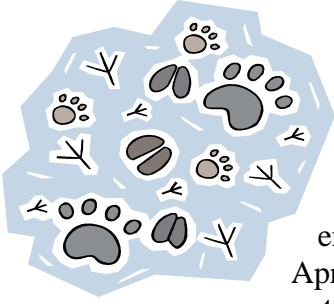


SARETT SPRING STAMPEDE

Saturday, April 8th, 2023, at 9:00 A.M. EST

At Sarett Nature Center



This unique 5K run and walk will take advantage of Sarett's nature trails. 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 18th, 2023, \$25 March 22nd through April 6th, and \$30 April 7th - 8th, 2023. **Your entry must be received on or before March 24th 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/sarettspringstampepe> Race packets and t-shirts can be picked up at the nature center on Thursday and Friday, April 6th & 7th from 9:00 am to 6:00 pm and on race morning starting at 7:30 am. Race Day Registration will start at 7:30 am. 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 8, 2023): _____
Birth Date: _____ Sex (Circle One): M F

Email address: _____

SWMI RACERS promo code: _____

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

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

Age groups for the run and walk are: 14 & under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70-74 & 75 & Over.

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) _____