**“Kick Yer Ass-paragus” 5K Road Race and Fun Run**

**ENTRY FORM | Saturday May 19, 2018**

Open to all, the annual Kick Yer Ass-paragus Run is a scenic route along the shores of Lake Michigan in the village of Empire. Each participant will receive free entry to the annual Empire Asparagus Festival and one free beverage ticket  (just show your run number!) as well as a custom tech t-shirt. Runners are invited to stay the entire day to enjoy enjoy live entertainment, local foods, craft brews, and festival events. Bring your race shoes or your Nordic ski walking poles!  
  
  
**Location:** Empire Public Beach Pavilion **Time:** Race start time: 10am  
 Race end time: 12pm   
  
**PRE-REGISTRATION**   
*Pre-registration closes on May 16, 2018 at 11:59pm EDT)*

Online: <https://runsignup.com/Race/MI/Empire/KickYourAssparagus5KRunWalk>

By mail: Mail in this form with a check for your entry fee to:

*Asparagus 5K c/o Jack Gyr*

*11874 Lake St., Empire MI, 49630*

**SAME-DAY REGISTRATION:**

Same-day registration begins at 9am at the Empire Public Beach Pavilion

**FEES:** Standard entry fee: $40.00 *+ $3.00 sign up fee*

Walkers and juniors up to 17 years old: $25.00

All runners receive free entry to the festival and a free drink ticket (just show your run number!) and   
 a customized t-shirt ($50 combined value).   
 **No credit cards for same-day registration, please.**   
 *Checks payable to Empire Business Association*   
  
**Age groups:** 12 and under    |    13-17    |    18-29    |    30-45    |     46-55    |    56-65    |     66+  
  
**Course:** The course begins at the pavilion at Empire Beach on the shore of Lake Michigan. It then proceeds uphill on Lake Street and Wilco Road to the Empire Bluff trailhead. Here, it makes a u-turn, heads back downhill, and continues through the neighborhood of Empire to return to the pavilion where the race began. Course signage and volunteers are stationed along the route to help guide runners.

**Awards:** Top runner in each category receives a medal and 1 pound of fresh asparagus. Trophy goes to the overall male and female first place finishers.  
  
**More information:**  empirechamber.com | [jack@fieldcrafts.com](mailto:jack@fieldcrafts.com)

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**Waiver:**

*I know that participating in a foot race is a potentially hazardous activity. I should not enter unless I am medically able. I assume all risks associated with participation in this event, including, but not limited to: falls, contact with another participant, the effects of the weather, traffic, and the condition of the road, with all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release all parties involved in the organization for this event from all claims of liabilities of any and all injuries suffered by me at the Empire Asparagus Run, or which may arise out of my traveling to, participating in and returning from this event. I further state that I am in a proper physical condition to compete and participate in this event, I am aware of the course and I also agree to run on the shoulder of the road.*

**Athlete Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*If under 18, parent/guardian signs here*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age\_\_\_\_\_\_\_\_Sex\_\_\_\_\_\_  
  
Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Zip\_\_\_\_\_\_\_\_\_\_\_\_\_

T-Shirt Size (circle one):      S M L XL        **Race #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**