



Run-A-Muck 2023



European Style 5k | Sunday, June 18th, 2023 | Scholl Farms, Montague, Mi

Want to challenge yourself on a European-style 5k cross country course? This is a real working farm with the course winding runners through wooded trails and fields. Terrain is mostly flat with obstacles to include water/mud jumps, hay bales, logs. Men's and Women's overall, age group, and special category awards.

RACE DAY SCHEDULE

8:00-9:00 AM Registration	9:15 AM Kids Splash & Dash 1K race (10 & under)
10:00 AM 5K Run/Walk	11:15 AM 3-person Sack Race
11:45 AM Awards & Food to follow	

(Please, no plastic or Styrofoam on the farm)

Bring the entire family! Dads + Dogs + Dirt = Fun



SCAN ME

Scan QR code to register online

More info at schollfarms.com



ENTRY FEE (PRE REG SHIRT SIZE GUARANTEED THRU SUNDAY JUNE 11)

Splash & Dash	\$1 register on race day	
Adults 20 & older	\$35 w/custom tie dyed long sleeve shirt	(June 11-17 add \$2 to all categories)
	\$25 w/out shirt	
Youth 19 & younger	\$25 w/custom tie dyed long sleeve shirt	
	\$15 w/out shirt	

RACE DAY REGISTRATION - \$30 Adults, \$20 Youth NO SHIRT, shirts \$10 if available.

MAIL ENTRY FORM TO : Stu Scholl, 5955 Eilers Rd, Montague, Mi 49437

Checks payable to Stu Scholl, Questions call Stu or Connie @ 231-893-1311 (leave a message)

OFFICIAL 2023 RUN-A-MUCK ENTRY FORM

Last Name: _____ First Name: _____ Email: _____ .com

Address: _____ City: _____ Zip Code: _____

Phone: _____ Birthdate: _____ Gender: M or F

Circle Shirt Size: Small Medium Large X-Large No Shirt

TOTAL ENCLOSED _____

Legal Waiver (must sign): I, by my signature, verify that I will be legally bound by this release (waiver). I certify that I have entered this race of my own free will. I am in a physical condition that allows me to race and I have not been told not to race by any medical practitioner. In consideration of acceptance of my entry form and fee, I do, for myself, my heirs, administrators and executors, waive and release, forever, any and all rights to claims and suits for damages I might accrue against the RUN-A-MUCK 5k, Eastside Racing Company, its principles, representatives, sponsors, underwriters, beneficiaries, and/or assigns, for any and all injuries suffered by me while traveling to, from, and while participating in the fore said event. Further, I certify that I am covered by my own medical insurance or, failing that, accept full responsibility for any and all medical expenses I may incur. I understand that I, by virtue of bringing suit against said event, may be subject to countersuit against my action due to any negligence on my part. My photograph, likeness or facsimile may be used for and legal purpose by the race organizers.

Signature (or Parent/Guardian if under 18) _____ Date: _____