

## ENTRY FEES:

Please make your selections:

- ◇ Individual 5K Long Sleeve Poly/  
Cotton Blend Shirt - \$30
- ◇ SHPS STUDENT w/ Cotton T - \$16
- ◇ Kid's Dash w/ Cotton T - \$10

Total Enclosed: \$ \_\_\_\_\_

Please accept my entry in the Break the Ice 5K Run/Walk and/or Kids Frosty Dash on February 2, 2019 in South Haven, MI. I (we) am (are) physically fit for the event and waive any rights I (we including children) may have against the committee members, volunteers, consultants, sponsors, or SHPS for damage or injuries incurred during my participation in the Break the Ice 5k Run/Walk and/or Kids Frosty Dash.

Signature:

\_\_\_\_\_

Date:

\_\_\_\_\_

Signature if Child under 18:

\_\_\_\_\_

Date:

\_\_\_\_\_

All funds raised will go towards South Haven Public Schools Middle and High School Cross Country and Track & Field Programs.

**Thank you so much for support!**



Questions:

Contact:: Lindsay Haqq - lhaqq@shps.org



**FEBRUARY 2ND, 2019**

**5K RUN & WALK START -  
10A.M.  
KID'S DASH START - 11A.M.**

**Supporting  
South Haven Public Schools  
Cross-Country and Track & Field  
Programs**

This event is during the Ice Breaker Festival in South Haven, MI.

The Ice Breaker Festival is February 1st-3rd and has so many fun events all around town the entire weekend!

Event Website:

[www.southhavenmi.com/pages/IceBreaker](http://www.southhavenmi.com/pages/IceBreaker)

The Break the Ice 5K There will have age group awards and each participant will be entered to win raffle prizes.

**NEW THIS YEAR:** In addition to the 5K run we will also have a separate 5K walk with separate results and awards for walkers.

The course is flat and fast and begins at Eagle St. and Kalamazoo St. in downtown South Haven. The course provides beautiful scenic views as you run along Lake Michigan. The finish area is on Water St. near South Beach. The event will be chip timed again this year. The Kid's Dash will take place on Water Street near South Beach at 11am.

After the race refreshments will be provided and we will be featuring yummy post-race snacks, Chocolate Milk, BIGGBY Coffee, and more!

# LATE REGISTRATION & PACKET PICK-UP

(SHIRTS ARE NOT GUARANTEED IF  
REGISTERING  
AFTER JANUARY 27TH, 2019)

**February 1, 2019**

**South Haven High School**

**Cafeteria**

**5p.m.-7p.m.**

**600 Elkenburg St.**

**South Haven, MI 49090**

**February 2, 2019**

**Black River Tavern  
(downstairs)**

**8:00a.m.-9:45a.m.**

**403 Phoenix St.**

**South Haven , MI 49090**

**Please "Like" our Facebook  
page for the most up-to-date  
information:**

**Break the Ice 5K Run/Walk  
and**

**Kid's Frosty Dash**

**\*\*Register Online\*\***

[www.runsignup.com](http://www.runsignup.com)

You may also drop off registration at the South Haven High School office or mail in a completed registration form with check payable to:

South Haven Public Schools—Break the Ice Run

Mailed in to:

L.C. Mohr High School

Attn: Brenda Schrader

600 Elkenburg St.

South Haven, MI 49090

**Registration Form:**

**Name:** \_\_\_\_\_

**Age on Race Day:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Phone #:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

\_\_\_\_\_

**Kids Dash:**

YS \_\_\_ YM \_\_\_ YL \_\_\_\_\_

**Long Sleeve Shirt Size:**

S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

XXL (Add \$2 to Registration) \_\_\_\_\_