CRYSTAL FALLS—This is Bass Festival weekend, and the highlight of the event for runners, the annual Run Your Bass Off races, will be held on Sunday morning, July 8, with the start-finish line at Runkle Lake Park.

The race starts at 9 a.m. CDT.

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This will be the 29th annual RYBO 10K run and the 23rd annual Half Bass 5K run. In addition, a two-mile fun walk will be held.

Trophies will be presented to the overall and masters division winners in both male and female divisions, for both the 10K and Half Bass. There also will be trophies and medallions.

All finishers will get this year's highly coveted Run Your Bass Off T-shirt. Drinks and fruit will be available after the race.

The RYBO website has the race records. The overall 10K records have both stood the test of time. Dave Uhrich holds the men's overall record with a time of 31 minutes, 55 seconds, set back in 1984. The women's record is 38:41, set by Tina Dettman in 1992.

Tracy Donahue holds the women's Half Bass record of 22:44 in 1988, and the men's record time, 18:37 by Matthew Dettman, was set in 2005.

The early registration deadline has passed, but registrations will still be taken on race day. The fees are $30 for the 10K and Half Bass (with a $2 discount for U.P. Road Runners Club members) and $10 for the noncompetitive Fun Walk.