

35th Annual

CANAL RUN 2010



10 mile run • 10 mile walk • 5 mile run • 5 mile walk

USATF Certified

Hancock, Michigan

July 17, 2010

www.hancockcanalrun.com

presented by



PORTAGE HEALTH



CITIZENS BANK

register online at
active.com

or

register by mail

timing chips by
Superior Timing

Online registration closes **July 14, 2010, 12 p.m.**
Registration will not be allowed the day of the event.

registering by mail

Complete the application, attach your check and mail to:

* Upper Peninsula Road Runner Club members receive \$2 off their fee.

** Processing fee applies at active.com.

*** Team discounts available. Contact Arnie at (906) 483-1558 for more info.

Canal Run
c/o Portage Health
921 W Sharon Avenue
Houghton, MI 49931

cut along line

registration form

Name	
Age	Male or Female
Address	
City	State
Zip	Email
Phone	
Event	
<input type="checkbox"/> 10 mi. run <input type="checkbox"/> 5 mi. run <input type="checkbox"/> 10 mi. walk <input type="checkbox"/> 5 mi. walk	
T-shirt size	
XS S M L XL XXL	

don't forget the back!

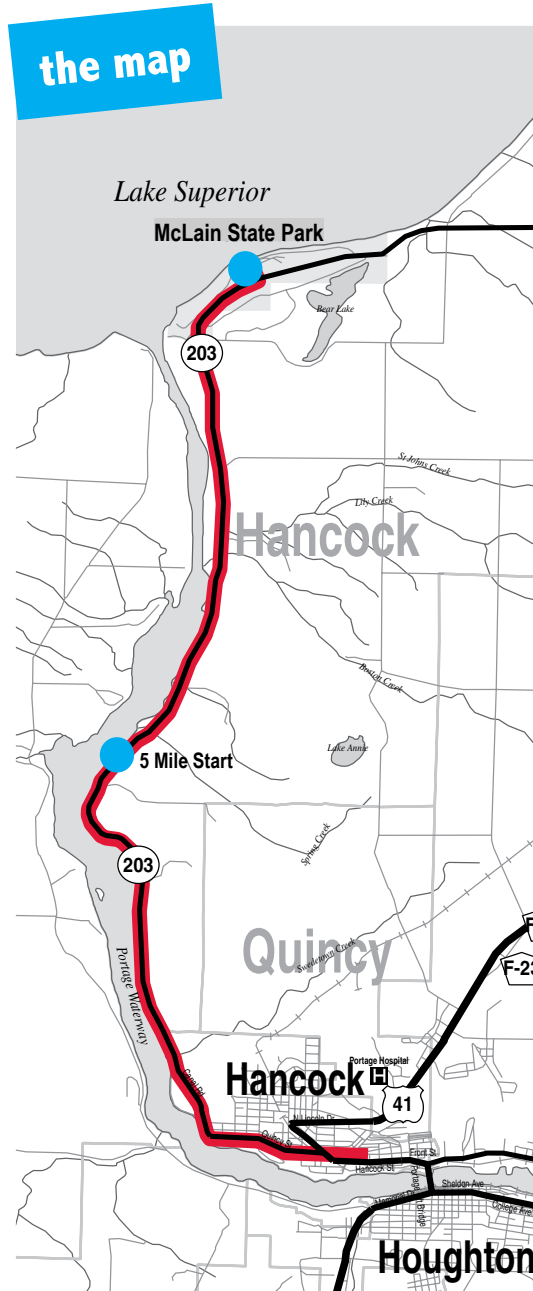
start time

start location registration

fee

10 Mile Run	Saturday, July 17 8:00 a.m.	McLain State Park northwest of Hancock	Online registration closes Wednesday, July 14, 2010 12 p.m.	\$25 <small>(by July 14)</small>
5 Mile Run	Saturday, July 17 8:30 a.m.	Near High Point Road: northwest of Hancock		
10 Mile Walk	Saturday, July 17 7:00 a.m.	McLain State Park northwest of Hancock		
5 Mile Walk	Saturday, July 17 8:15 a.m.	Near High Point Road: northwest of Hancock		

the map



shuttle service



Shuttle service will be provided from the Hancock Citizens Bank building to McLain State Park. The shuttle will leave every 20 minutes beginning at 6:00 a.m.

pre-race

pasta dinner

- All-you-can-eat!
- Friday, July 16, 2010
5–8 p.m.
- Finlandia University's Finlandia Hall
Hancock, MI
- \$10 for adults
\$5 for children
free for children under 6

Hosted by the Keweenaw Co-op Natural Foods Market and Deli.

miscellaneous

Information about awards, warm-up clothes, t-shirts and other logistics on the day of the race will be provided on www.hancockcanalrun.com and in racer packets when you check-in.

waiver form

.....
Participant Name

.....
Email

Please read carefully. This affects your legal rights.

I hereby forever release and discharge on behalf of myself, my heirs and assigns, each sponsoring group, their members, agents or employees, and any person officially or unofficially connected with this event, from all liability, claims, demands, actions and causes of action whatsoever whether this liability arises from bodily injury or death to myself or others, or damage to property owned by myself or others, arising from or relating to my participation in, traveling to and from, or presence at this event, whether caused by negligence or otherwise. I understand and voluntarily assume all risks, dangers and injuries associated with participation in the Canal Run.

Furthermore, I grant full permission to any of the foregoing to use my photo or any other record of this event for publicity or other legitimate purposes.

.....
Participant Signature

.....
Date

.....
Parent/Guardian Signature *

.....
Date

* If under 18, a parent or guardian's signature is required.