



about

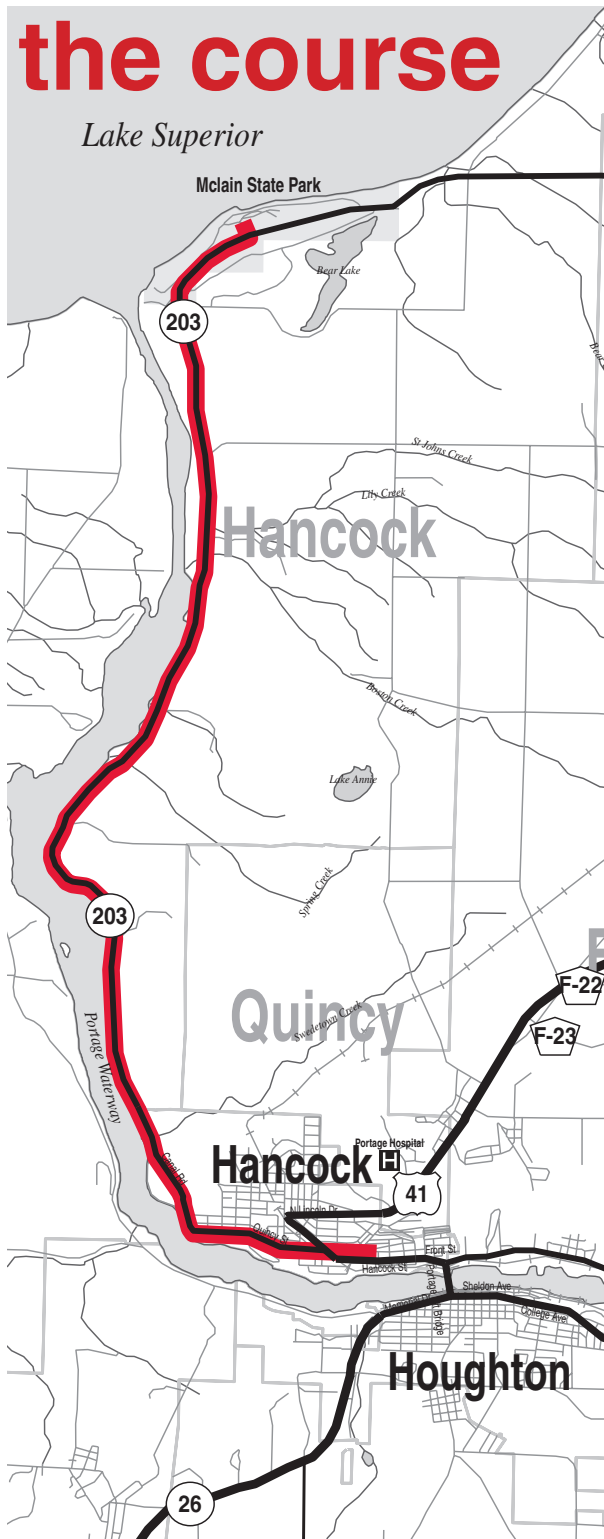
The Canal Run and 10 Mile Walk is held along the Portage Waterway on Highway M-203. Both the 10 Mile Run and the 10 Mile Walk start at McLain State park and finish at the Citizens Bank building in Hancock.

The race course is on a paved road surface. The road is not closed to traffic. Participants are requested to run along the side of the road, on sidewalks and on the bike path.

sponsors & supporters

We want to thank the following sponsors and volunteers:

- Employees, friends and family of Citizens Bank
- Employees, friends and family of Portage Health
- Pat's Foods & Festival Foods
- J&J Broadcasting, WKMJ-FM, WMPL-AM
- Hancock Bottling
- Koski Signs
- City of Hancock Police and Public Works
- Keweenaw Co-op



AND



PORTAGE HEALTH

PRESENT THE

33rd annual canal run

10 MILE RUN • 10 MILE WALK

Timing Chips
by iTiming!

July 19, 2008



for more info,
read on or call:

Canal Run Coordinator
(906) 487-6211 or (906) 487-6317
Citizens Bank
400 Quincy Street • Hancock, MI 49930

the details



	Start Time	Start	Registration	Registration Fee
10 Mile Run	Saturday, July 19, 2008 8:00 a.m.	McLain State Park Northwest of Hancock on M-203	Registration is not allowed the day of the event.	\$23**
10 Mile Walk	Saturday, July 19, 2008 7:00 a.m.		Pre-registration is required by July 16, 2008*	

awards

10 MILE RUN:

- Local hand-made stoneware for 1st & 2nd place overall male & female
- Local hand-made medallions for 1st, 2nd & 3rd place male & female in each age group

10 MILE WALK:

- Local hand-made stoneware for 1st & 2nd place overall male & female
- Local handmade medallions for 1st, 2nd & 3rd place male & female in each age group

WHEELCHAIR:

- Local hand-made stoneware for 1st & 2nd place overall

T-SHIRTS will be provided to all participants.

shuttle

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.. The last ride will leave at 7:20 a.m.

clothes bags

Bags will be provided for your warm-up clothes. Your bag can be picked up at the bank building at the end of the race.

spaghetti dinner

A pre-race all-you-can-eat spaghetti dinner hosted by the Hancock Business & Professionals Association will be provided on Friday, July 18, 2008 between 5-7 p.m. at Finlandia University's Finlandia Hall. The cost is \$10 for adults/\$5 for children/free for children under 6. Call (906) 482-2060 for more information.

registration

* Please pre-register by July 16, 2008. **Registration will not be allowed the day of the event.**

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

You may register by mail, fax or e-mail. If you register by fax or e-mail, you will need to pay your fee and sign a waiver the morning of the race. Please allow time for this.

mail Complete the application, attach your check and mail to:

Canal Run
Citizens Bank
400 Quincy Street
Hancock, MI 49930

fax Fax the completed form to
(906) 487-6256.

e-mail Send the required information listed in the form to
darlene.saari@citizensbanking.com.

registration form

33rd annual canal run

pre-registration is required by
July 16, 2008.

Name _____

Age _____ Male Female

Address _____

City _____

State / Zip _____

E-mail _____

Phone _____

Which event? Run Walk

_____ Number attending the spaghetti dinner

By signing, I hereby release groups, other representatives, officials, workers and volunteers involved with the Canal Run/Walk from any and all rights and claims for injuries or illnesses suffered by me in this event. I understand that participation in this event is strenuous and I verify that I am physically fit to compete in said event.

Participant's signature

Parent/Guardian Signature***

*** If under 18, a parent or guardians signature is required.