

Portage Health presents
2007 Carl Olson Memorial Adventure Run and Fitness Walk

August 25, 2007 * Chassell Ski Trails

5km and 8km Adventure Run * 5km Fitness Walk * 2km Youth Run * 5km Team Run (HS age)

Join us at the Chassell Ski Trails for the Carl Olson Memorial Adventure Run and Fitness Walk. The 5km and 8km adventure runs are competitive events. The 5km walk is non-competitive and a great way to top off a summer training season. There is also a 2km run for youth ages 11 and under. **New this year: high school age three-person team 5km run competition.**

- All pre-registrants — runners and walkers — guaranteed an event t-shirt. No t-shirt for 2km event.
- All registered participants entered in door prize drawing (must be present to win).
- Ribbons given to the top six in each age class
- Plaques given to the top man and top woman finishers in the 5km and 8km running races.

	Age Groups (runs only)
2 km	5 and under, 6-7, 8-9, 10-11
5 km	12-13, 14-15, 16-17, 18-24, 25-29, 30-39, 40-49, 50-59, 60+
8 km	14-15, 16-17, 18-24, 25-29, 30-39, 40-49, 50-59, 60+

Start Times	
7-8:30 am	Bib Pick-up and Registration
8:45 am	2km Youth Trail Run
9:00 am	5km Trail Run
9:00 am	5km Fitness Walk
9:20 am	8km Trail Run

Entry Fees	By Aug. 11/After Aug 11
5km & 8km run	\$17 / \$20 (UPPRC members deduct \$2)
5km walk	\$10 / \$15
5km team	\$5/person
2km youth run	\$5 / \$5

All proceeds from the Carl Olson Memorial Adventure Run and Fitness Walk go to the Copper Country Ski Tigers middle school and high school racing program to help offset expenses for equipment and travel.

Mail registration form with check — sign waiver on back — each team runner complete a form

Name _____

Address _____

City _____ State ____ Zip _____

E-mail _____ Phone _____

Gender Male Female Birth date ____/____/____

Emergency Contact Name/Phone _____

Entry Fee (see fee schedule) \$_____ (please make checks payable to **Copper Country Ski Tigers**)

Shirt Size (check one) S M L XL (no shirt for 2km)

Event
<input type="checkbox"/> 2km Run <input type="checkbox"/> 5km Walk
<input type="checkbox"/> 5km Run <input type="checkbox"/> 8km Run
<input type="checkbox"/> 5km Team Run (high school age only)
<input type="checkbox"/> 2007 UPPRC Member
<input type="checkbox"/> 2007 Ski Tiger Member

Office Use only
Check # _____
Bib # _____

Mail to: Carl Olson Run/Walk, 216 Mason Street, Hancock MI 49930

Liability Release

I, the undersigned, know that running is an action sport carrying inherent risk of personal injury, and that racing on trails and uneven terrain is even more dangerous. I know that natural and man-made obstacles or hazards exist, surface and environment conditions and risks, which in combination with my actions can cause me severe and potentially fatal injury. I agree that I, as a participant, must take an active role in understanding and accepting these risks. I hereby acknowledged that I am responsible for my safety while participating in this event, and release the Copper Country Ski Tigers, Chassell Township, Chassell Historical Organization, participating land owners, sponsors, race officials, volunteers, staff and/or agents of the race from any and all rights and claims for injuries or illnesses suffered by me.

Signature of Participant _____

Signature of Parent/Guardian
if Participant Under 18 Years Old _____