

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.

about the race

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 5 Mile Run and the 5 Mile Walk start near High Point Road 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.

sponsors & supporters

We want to thank the following sponsors and volunteers for making the Canal Run possible:

- Employees, friends and family of Portage Health
- Employees, friends and family of Finlandia University
- Employees, friends and family of Citizens Bank
- Pat's Foods and Festival Foods
- Hancock Bottling
- City of Hancock Police and Public Works
- Keweenaw Co-op Natural Foods Market & Deli
- opusWeb.com
- Hancock Business & Professionals Association
- Copper Island Beach Club

questions?

info@hancockcanalrun.com
(906) 483-1149

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



timing chips by
Superior Timing

register online at
active.com

	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 (by July 14) \$35 (after July 14)
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		

registration

Register by [mail](#) or online at [active.com](#).

Online registration closes **July 14, 2010, 12 p.m.**

* 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.

registering by mail

Complete the application, attach your check and mail to:

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

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.

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.

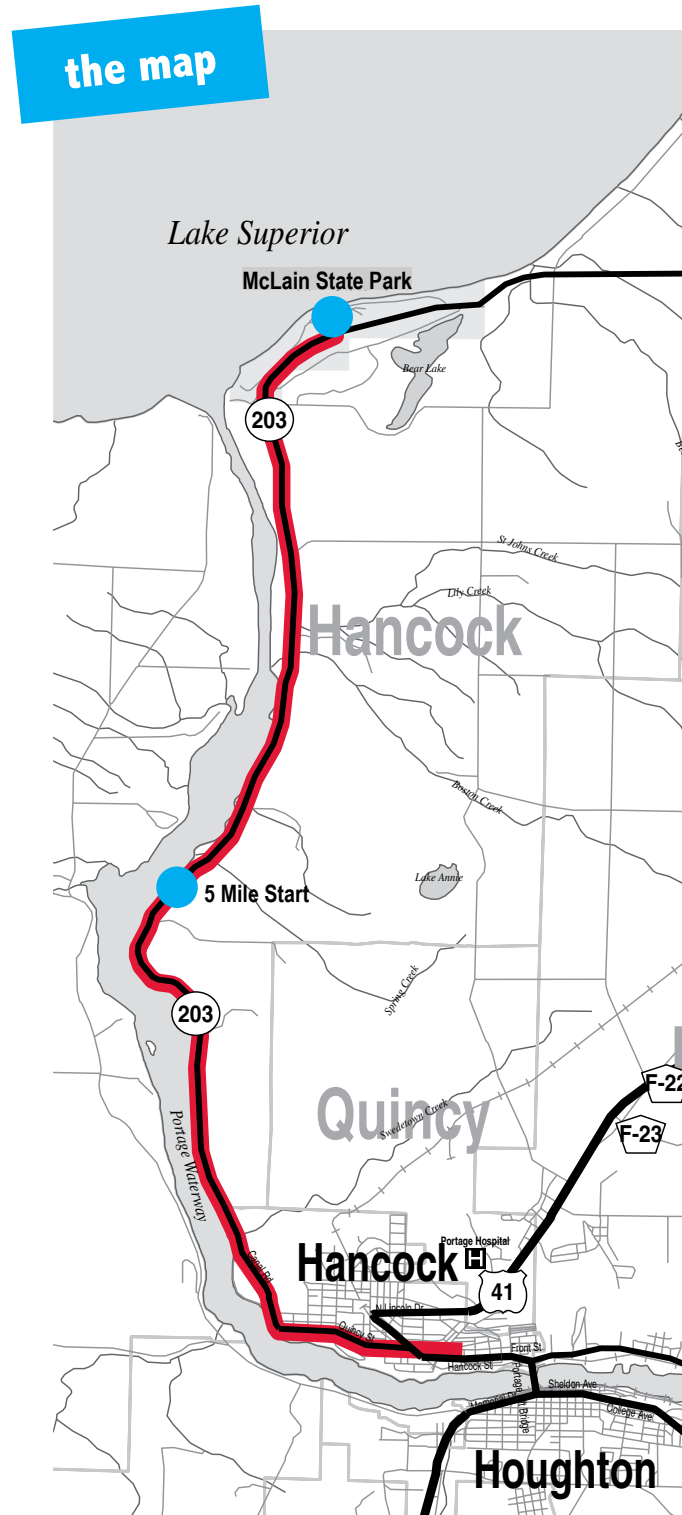
pre-race

pasta dinner

Hosted by Keweenaw Co-op Natural Foods Market and Deli

- 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

the map



tear along the perforation

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!