HIDDEN FOREST TRAIL RUN

2.5 Mile Run, 2.5 Mile Walk, 5.5 Mile Run and 8.5 Mile Run

SUNDAY, OCTOBER 10, 2010

INDEPENDENCE OAKS COUNTY PARK

STARTING TIME: All races will start at 9:30 AM.
Late registration opens at 8:00 AM.

LOCATION: Independence Oaks Park - 9501 Sashabaw Road, Clarkston, MI 48348
Take I-75 to the Sashabaw Road exit (Exit 89), go north on Sashabaw Road, approximately 2.5 miles, to park entrance.

COURSE: October is the peak of fall colors at Independence Oaks, so you will be running and walking through some of the most wonderfully decorated hardwood forests in southeastern Michigan, as well as on wood chip trails. Choose from any of three races of varying lengths - all beginning and ending at the same location. The 2.5 Mile race makes a single circuit around Crooked Lake, with rolling hills. The challenging 5.5 Mile race continues a second time around the lake and branches off onto Rock Ridge Trail. The longest 8.5 Mile race includes a third lap, continuing onto Spring Lake Trail, and is not for the faint of heart.

REGISTRATION: Early Registration must be postmarked by October 3, 2010. Late registration and packet pick-up will be held on race day begining at 8:00 AM at Twin Chimneys Pavilion.

ENTRY FEE: $17.00 EARLY Registration *with* long-sleeve shirt.
$ 8.00 EARLY Registration, *without* long-sleeve shirt.
$20.00 LATE Registration, after 10/3/09 *with* long-sleeve shirt.
$10.00 LATE Registration, after 10/3/09, *without* shirt.

FACILITIES: Restrooms only.

AWARDS: All pre-registered entrants will receive a high quality long sleeve shirt. Sorry, but we cannot guarantee shirts on race day to late registrants. Awards to Overall and Masters male and female and 3 deep in all age divisions.

AGE GROUPS: **RUNNERS**: MALE AND FEMALE: 15 & under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over.

WALKERS: MALE AND FEMALE: 19 & under, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 -64, 65-69, 70-74, 75 & over.

SEND ENTRIES TO: Hidden Forest, P.O. Box 233, Flushing, MI 48433
Entries may also be dropped-off at Bauman's Running and Walking Shop, 1473 W. Hill Rd, Flint, MI 48507

MAKE CHECKS PAYABLE TO: Riverbend Striders

INFORMATION: Bauman's Running and Walking Shop: (810) 238-5981
John Gault: (810) 659-6493
Independence Oaks County Park: (248) 625-0877

Riverbend Striders

REGISTER ONLINE: www.riverbendstriders.com or www.gaultracemanagement.com

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MAKE CHECKS PAYABLE TO:
Riverbend Striders
MAIL TO: Hidden Forest
P.O. Box 233, Flushing, MI 48433

Hidden Forest Trail Run
Sunday, October 10, 2010

BIB NUMBER

LAST NAME | **FIRST NAME** | **M.I.** | **SEX** ☐ M ☐ F

STREET ADDRESS | **CITY/TOWN** | **AGE**

STATE | **ZIP CODE** | **PHONE NUMBER** | **DATE OF BIRTH**

EVENT: ☐ 8.5 Mile Run ☐ 2.5 Mile Run ☐ 5.5 Mile Run ☐ 2.5 Mile Walk

E-MAIL ADDRESS: _____

SHIRT SIZE: ☐ No Shirt ☐ S ☐ M ☐ L ☐ XL ☐ XXL (Add $1.00)

In consideration of my participation in this event, I for myself, my heirs, executors, and administrators, waive all rights and claims for damages I may have against Riverbend Striders, the sponsors of this event, their agents, representatives, successors, and assignees for any and all injuries suffered by me at said event, or which may arise out of my traveling to, participating in, and returning from this event. I further state that I am in proper physical condition to compete in this event.

ATHLETE (OR PARENT, IF UNDER 18) MUST SIGN: _____ **DATE:** _____