

# SANDHILL CRANE

All Trail

1/2 Marathon

& 10K

SATURDAY, OCT 10, 2009

9:00 AM EDT

Dr. T.K. LAWLESS PARK

Vandalia, Michigan

The 2<sup>nd</sup> Annual Sandhill Crane Trail 1/2 Marathon and 10K will be conducted at the beautiful Dr. T.K. Lawless Park just east of Vandalia, Michigan. The all trail, non repeat course will wind its way through this rustic, forested 820 acre Cass County park, located 36 miles southwest of Kalamazoo, Michigan and about 40 miles northeast of South Bend, Indiana. The course is rolling to hilly and involves several wooden bridge crossings, small lakes, meandering streams and scenic sights, including, if you are lucky, Sandhill cranes. **Awards will be given to the top three finishers in 15 age groups. Colorful long sleeve t-shirts will also be awarded to all finishers. Walkers are also encouraged to enjoy this neat course.**



**DIRECTIONS:** ([Web Map](#)) [Dr. T. K. Lawless Park](#). 15122 Monkey Run Street, Vandalia, MI 49095 Located off M60 - nine miles east of Cassopolis (3 miles past Vandalia) or four miles west of Jones or 13 miles west of Three Rivers, then south on Lewis Lake Road about one mile, left on Monkey Run, one mile to park entrance on left. The \$2/car park fee is included in your race fee..

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**ENTRY FEE\* ENCLOSED**

**Circle one below**

**\$20.00** Postmarked by Oct 2

**\$25.00** after Oct 2

\*Race fee includes park entry

Make checks payable to:

**Cairn Stone Adventure Tours**  
c/o Ron Gunn, Race Director  
142 Conifer Trail  
Dowagiac, MI 49047

Name \_\_\_\_\_

Address \_\_\_\_\_

City/ST/ZIP \_\_\_\_\_

Contact Phone No. \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_ Gender (circle) M F T-shirt size: \_\_\_\_\_

Race (circle one) 1/2 Marathon 10k