



**A GREAT
PURE MICHIGAN
ALL TRAIL COURSE!**

CORRAL START
(like the *DIPSEA Race*)
9:00 AM ½ Marathon
9:30 AM 10k Run & Walk
10:00 AM 5k Run & Walk
10:05 AM 1k Kids Fun Run (free)

RUN OR SPORT WALK A FANTASTIC COURSE!

Coach Ron Gunn is taking his beloved race to a higher level in 2017. [Dr. T. K. Lawless Park](#), with its 13.1 mile course of non repeat trails, is a hidden gem in Cass County. This natural scenic odyssey of forest and field includes 6 charming bridge crossings, lots of streams and small lakes, and, of course, some hills. Sandhill Cranes do frequent this bucolic area, adding charm to the course – take it as a *good omen* if you see one during your race.

- Dynamite custom design *long sleeve performance* T-shirts to all finishers. (Register by OCT 1 to get shirt on race day – **AFTER OCT 7** sign up *only* ONLINE or AT RACE **7:45-8:45am**)
- Laser cut custom wood award for top two finishers and medals for third in each age group.
- Water on the course and a great re-hydration station at the finish featuring fruit, sport drink, Popsicle, and water.
- Chip timing for 5k, 10k and ½ Marathon (Chip timing will close at Noon - course open to 1:30PM)
- Music DJ at start and finish, and two music stations on the course to inspire participants.
- Finishers in all races from Cass County, Niles and the Granger area will be listed in an *HONOR ROLL* in the appropriate newspapers.
- Race benefits the **Cass County Parks** and the **Dowagiac Rotary Club**
- **No parking fee again this year!**



3 WAYS TO REGISTER: ONLINE ~ MAIL ~ RACE DAY (Details Below)

----- CLIP and MAIL below -----

SANDHILL CRANE OCTOBER 14, 2017 ENTRY FORM (PLEASE PRINT CLEARLY)

NAME: _____ GENDER (CIRCLE ONE): M F Age: ____ (on race day)

MAIL ADDRESS: _____ CITY: _____ ST: _____ ZIP _____

CELL/CONTACT PHONE: _____ EMAIL: _____

RACE (CIRCLE ONE): ½ Marathon 10k 5k T shirt size (CIRCLE ONE): (S, M, L, XL, XXL)

RACE FEES: Manual entry fee. - (No parking fee again this year!)

ENCLOSED is check for: _____ \$25 postmarked by SEP 30 OR \$30 after OCT 7 (online or at race only)

CHECK PAYABLE TO: **Cairn Stone Adventure Tours**
(Please note *Sandhill* on comment line)

MAIL TO: **Ron Gunn, 142 Conifer Trail, Dowagiac, MI 49047**

ONLINE Registration & Info: See CairnStoneAdventureTours.com

FILL ALL INFORMATION: including, gender, age, T-shirt size and race choice

