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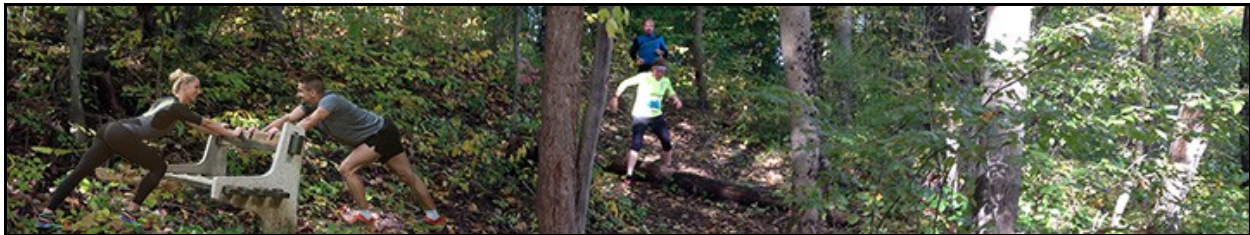


COACH GUNN'S TOP TEN REASONS FOR DOING THE SANDHILL CRANE HALF MARATHON

10. Any trail course in Michigan located off a road named Monkey Run Street has to be great!
9. Supports Dowagiac Rotary Club community charities and Cass County Parks.
8. Trail courses for everyone: ½ marathon, 10k, 5k and 1k kids fun run.
- 7 Great rehydration stations including *Gary's Oasis!*
- 6 Rockin' DJ Bill Craft!
- 5 Seven charming wood bridge crossings.
- 4 Check out the Eagle's nest on course.
- 3 Colorful custom long sleeve performance tech shirts to all finishers.
- 2 Dynamite laser carved wood awards.
- 1 A *Pure Michigan* all trail, non repeat gem of a course.



FIRE UP!



ONLINE SIGNUP: RunSignUp.com