

## 2019 Canal Run Entry Form

Mail completed forms and payment to:  
 UP Health System Portage, Attn: Canal Run  
 921 W. Sharon Ave  
 Houghton, MI 49931

\_\_\_\_\_

Last Name \_\_\_\_\_ First Name

\_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip

\_\_\_\_\_

Email Address \_\_\_\_\_ Telephone number

\_\_\_\_\_

Date of Birth  Male  Female \_\_\_\_\_ Gender \_\_\_\_\_ Fee Paid

\_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency Contact Telephone number

**T-shirt Size (sizing details available online)**  
 Men's: S M L XL XXL Women's: S M L XL XXL Youth Racing: S M L XL XXL Youth Kids Dash: S M L XL XXL

**Average Pace per mile** (only needed for running events – if you wish to be in the same wave as friends/family, be sure to select the same pace/mile):  
 Under 9 min/mile  9-10 min/mile  10 min/mile and above  Unknown

**Which 2019 Canal Run event are you registering for? (Check one box)**

½ Marathon  ½ Marathon Wheelchair Division  10 Mile Run  10 Mile Walk  5 Mile Run  
 5 Mile Run Blade Division  5 Mile Walk  2 Mile Run/Walk  Kids Dash

Age restrictions – minimum of 16 for ½ marathon, 13 for 10 mile run, children under 10 need to be accompanied by an adult for 2 and 5 mile runs

Entry Fees	2 mile	5 mile	10 mile	½ Marathon	Kids Dash <i>no shirt</i>	Kids Dash <i>shirt</i>
Before April 1	\$25	\$30	\$35	\$45	Free	\$10
Before July 13	\$30	\$35	\$40	\$50	Free	\$10
July 13-17	\$30	\$40	\$45	\$55	Free	\$10
July 19	\$35	\$45	\$50	\$60	Free	\$10

\* No Refunds. \* \$10 charge to change races after July 1<sup>st</sup> plus the difference in races.  
 \* Team discounts: \$3 off each entry if 5 or more register as a team, \$5 off each entry if 10 or more register as a team.  
 \* \$2 off for UPRRC and Veterans/Active Military. \*All checks can be made out to 'Canal Run'.

**Waiver**

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 of 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 publicity or other legitimate purpose.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent/Guardian if under 18)