

5700 Jackson Rd, Ann Arbor, 48103



**www.runvasa.com**

**When:** Saturday, September 29, 2012, 8:30 AM

**Where:** Vasa Trail Head, Traverse City, Michigan

**Distances:** 5K, 10K and 25K

**Course:** a beautiful, challenging northwoods trail!

**Pre-registration: Online at:** [www.runvasa.com](http://www.runvasa.com)

**Mail Entry to:** Running Fit, 5700 Jackson Rd, Ann Arbor, MI 48103

**Late Registration & Packet Pick-up:** [www.runvasa.com](http://www.runvasa.com) Friday, September 28, 2012 • 4:00 - 8:00 PM, Downtown Traverse City Running Fit, 300 East Front Street (Park and Front Street) Suite 103, Traverse City, MI 49684 Email: [events@runningfit.com](mailto:events@runningfit.com)

**Race Day** • 7:00-8:00 AM at Vasa Trail Head

**Awards:** Age Groups 5 deep in each 5 year age group. T-shirt given to all participants.

It is recommended that all participants carry their own water and fill up at the aid station.



**FOR MORE INFO EMAIL [events@runningfit.com](mailto:events@runningfit.com), OR CALL 734.929.9027 Online Registration Available at [www.runvasa.com](http://www.runvasa.com)**

**ENTRY FORM:** Please check!  5K  10K  25K  Male  Female Age 9/29/12 \_\_\_\_\_ T-Shirt Size:  S  M  L  XL  
First \_\_\_\_\_ Last \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_

**5K/10K**  \$24 through 9/17/12  \$29 9/18/12 until Noon 9/27/12  \$35 9/28/12 through Race Day

**25K**  \$29 through 9/17/12  \$34 9/18/12 until Noon 9/27/12  \$40 9/28/12 through Race Day

Credit Card \_\_\_\_\_ EXP \_\_\_\_\_

or send check to: Running Fit, 5700 Jackson Rd, Ann Arbor, MI 48103 (Forms must be recieved by September 19 to be registered)

**Waiver and Release of Liability** I know the Vasa Run is a potentially hazardous activity. The dangers inherent to trail racing include but are not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, lightning, and loose trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf waive and release all volunteers and sponsors, The State of Michigan, The Department of Natural Resources, Running Fit and its employees from all claims of liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I have read and I accept the terms of the waiver on this page \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian signature if under 18 \_\_\_\_\_ Date \_\_\_\_\_