

2020 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 2020 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 11	\$30	\$35	\$40	\$50	Free	\$10
July 11-16	\$30	\$40	\$45	\$55	Free	\$10
July 17	\$35	\$45	\$50	\$60	Free	\$10

* No Refunds. * \$10 charge to change races after July 1st 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)