

Fisherman's Picnic Trail Run

on the Pincushion Mountain Trails overlooking Grand Marais

Saturday, August 7, 2010

Pre-teen Runs – 9:00 am ♦ 5-Mile Run/Walk – 9:45 am ♦ 3-Mile Non-competitive Walk – 9:50 am

Come run and walk with us on the beautiful Pincushion Mountain Trail System sitting on the rim of Lake Superior. And then, join the city of Grand Marais as it celebrates its annual Fisherman's Picnic Festival.

The Details

The Start Area – The Pincushion Mountain Area Trailhead

Drive 2 miles north of Grand Marais, up the Gunflint Trail (Co. Rd. 12) to Pincushion Trailhead Sign (Co. Rd. 53)

The Course – A trail run through the edge of the boreal forest with challenging hills and a fantastic finish

Pre-teen Runs – (8 yrs & under – ¼ mile, 9-12 yrs. – 1 mile)

Pre-registration – By mail received by August 2nd ♦ **Race Day registration hours** – 7:30-8:50 am

T-Shirts – Pre-registering guarantees a great t-shirt.

It's first come until they're gone for runners registering the day of the race!

Keep 'em Running

Serving as a fundraiser for the North Superior Ski & Run Club, the proceeds from this year's race will support our local high school running and skiing programs. Additional donations are encouraged.

For more race information call Theresa at **(218) 387-1424** or e-mail at t.oberg@live.com

Fisherman's Picnic Trail Run

Full Name _____

Address _____

City _____ State/Prov. _____ Zip/Postal Code _____

Phone _____ Email _____

Age _____ Female Male

T-shirt Size: (circle one)

Adult S M L XL

Youth M L XL

Race Entered: (check one)

- Pre-teen Run: \$10 (\$13 Can.)
- 5-Mile Run: Pre-register \$15 (\$18 Can.) – Race Day \$20 (\$22 Can.)
- 5-Mile Race Walk: Pre-register \$15 (\$18 Can.) – Race Day \$20 (\$22 Can.)
- 3-Mile Walk: \$15 (\$18 Can.) – no awards or numbers

Prior to August 2nd,
mail to:

NSSRC
PO BOX 542
Grand Marais, MN 55604

Donations \$ _____

Total Amount Enclosed \$ _____

Make check payable to: NSSRC

Important: Read Before Signing!

By signing this entry form I hereby knowingly and at my own risk apply to enter the athletic contest to be known as the Grand Marais Fisherman's Picnic Trail Run and do hereby WAIVE and RELEASE FOREVER any and all claims for injuries of property damage of any nature that I may suffer as a result of my participation in this event against the County of Cook, the United States Forest Service, the Minnesota Dept. of Natural Resources, the North Superior Ski and Run Club, all sponsors, or any employee, officer, director or elected official of the foregoing entities.

I FURTHER CERTIFY THAT I AM PHYSICALLY FIT TO RUN OR WALK IN THE GRAND MARAIS FISHERMAN'S PICNIC TRAIL RUN OR WALKS. I REALIZE THAT THERE IS EXTRA DANGER OF INJURY BECAUSE THE RUNNING SURFACE IS ROUGH, WITH MANY ROCKS, HOLES, BUMPS AND ROOTS. I ACCEPT THE RISK.

Signature _____ Date _____

(If participant is under EIGHTEEN (18) years of age, participant's parent or guardian must sign this registration form.)