

# Fisherman's Picnic Trail Run

Saturday, August 5, 2017

Come run and walk with us on the beautiful Pincushion Mountain Trail System sitting on the rim of Lake Superior.

North Superior  
Ski & Run Club

Pre-teen Runs: 9:00 am

5-Mile Run/Walk: 9:45 am

www.pincushiontrails.org

3-Mile non-competitive Walk: 9:50 am

And then, join the City of Grand Marais to celebrate the annual Fisherman's Picnic Festival.

Race Location - Pincushion Mountain Trails - 2 miles north of Grand Marais, up the Gunflint Trail (Co. Rd. 12)

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

## DETAILS

Pre-teen Runs - 8 yrs. & under - ¼ mile ▪ 9-12 yrs. - 1 mile

Pre-registration - By mail received by August 1st

Race Day registration hours - 7:30-8:50am at the Pincushion Mtn. warming house

T-Shirts - Pre-registering by August 1st guarantees a great t-shirt.

Registration received after Aug. 1st and on race day: t-shirts are first come, first served until they're gone.

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

Questions? Send an e-mail to [hegg@boreal.org](mailto:hegg@boreal.org)

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 S M L

First Come, First Served -

if not pre-registered by Aug. 4th

Race Entered: (check one)

- 5-Mile Run: Pre-register \$25 USD - After noon on August 4: 30 USD
- 5-Mile Race Walk: Pre-register \$25 USD - After noon on August 4: 30 USD
- Pre-teen Run: \$10 USD
- 3-Mile Walk: \$20 USD - no awards or numbers

Prior to Aug.  
1st  
mail to:  
NSSRC  
PO BOX 542  
Grand Marais,  
MN 55604

Donations \$ \_\_\_\_\_ Total Amount Enclosed \$ \_\_\_\_\_ Make checks 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.)

FISHERMAN'S PICNIC  
TRAIL RUN  
REGISTRATION