

HANSON HILLS CHALLENGE TRAIL RUN REGISTRATION FORM

Please print and circle correct information.

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Age: _____ Gender: Male Female

I agree to hold harmless, indemnify, and pay any attorney fees of the GRA and the State of Michigan, its servants, agents, and employees from any claims or demands that I may have of whatever kind and nature arising out of activities at our use of the premises controlled by GRA.

Signature: _____

Runners under 18 - Parental Authorization

Please send with entry fee(s) payable to:

Grayling Recreation Authority P.O. Box 361 Grayling, MI 49738

G.R.A 10K RUN REGISTRATION FORM

Please print and circle correct information.

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____ Shirt Size: S M L XL

Age: _____ Gender: Male Female

I agree to hold harmless, indemnify, and pay any attorney fees of the GRA and the State of Michigan, its servants, agents, and employees from any claims or demands that I may have of whatever kind and nature arising out of activities at our use of the premises controlled by GRA.

Signature: _____

Runners under 18 - Parental Authorization

Please send with entry fee(s) payable to:

Grayling Recreation Authority P.O. Box 361 Grayling, MI 49738

ENDURANCE TRAIL RUN REGISTRATION FORM

Please print and circle correct information.

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____ Shirt Size: S M L XL

Age: _____ Gender: Male Female

I agree to hold harmless, indemnify, and pay any attorney fees of the GRA and the State of Michigan, its servants, agents, and employees from any claims or demands that I may have of whatever kind and nature arising out of activities at our use of the premises controlled by GRA.

Signature: _____

Runners under 18 - Parental Authorization

Please send with entry fee(s) payable to:

Grayling Recreation Authority P.O. Box 361 Grayling, MI 49738

Grayling
Recreation
Authority

Hanson Hills Recreation
Area

**2010
G.R.A Race
Schedule**



June 5, 2010
Challenge Trail Run

July 24, 2010
GRA 10K

August 21, 2010
Endurance Trail Run



RUNNING QUOTES



"Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'" - Peter Maher

"There will come a point in the race, when you alone will need to decide. You will need to make a choice. Do you really want it? You will need to decide."
-Rolf Arands

"I ran and ran every day, and I acquired a sense of determination, this sense of spirit that I would never, never, give up, no matter what else happened."
-Wilma Rudolph

"Sure you have to know your capabilities. An untested, out of shape person should walk if he or she is feeling exhausted in practice or in a race. But the pain felt racing is the temporal price one has to pay for the ephemeral experience of a race well run."

"Most men take the straight and narrow. A few take the road less traveled. I chose to cut through the woods."

"Everyone in life is looking for a certain rush. Racing is where I get mine." - John Trautmann

"Begin at the beginning and go on till you come to the end; then stop."

"Hard things take time to do. Impossible things take a little longer."
-Percy Cerutti

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs." - Jesse Owens

Hanson Hills Challenge Trail Run **Saturday June 5, 2010**

Challenge yourself in this 5 mile trail run!

Location: Hanson Hills Recreation Area, Grayling, MI

Course: This challenging 5-mile course begins and ends in front of Hanson Hills Little Smokey Cross Country Lodge. Your run is over hilly and some sandy terrain that cuts through Hanson's beautifully wooded forest.

Check In: Saturday, June 5, 2010 from 7:30-9am at Hanson Hills Main Lodge. **Race begins at 9:00 am**

Awards: Customized Hanson Hills Trail Run Socks to first 50 participants registered. Awards to top three finishers in each age group. Prize for first male and female overall winner.

Entry Fee: Early Registration \$15 postmarked by May 28, 2010. Race day registration \$20.



WWW.HANSONHILLS.ORG



G.R.A. 10K **Saturday July 24, 2010**

Part of the Ausable River Festival!

Location: ****NEW**** Start and Finish at the Grayling Middle School located right in downtown Grayling.

Course: Course begins and ends at the Grayling Middle School. This new course travels on a mix of city and county streets with a short section of gravel road. This is a loop course.

Check In: Saturday, July 24, 2010 from 7:30 am to 8:30 am at Middle School Cafeteria.

Race begins at 9:00am

Awards: Specially designed T-shirts to all entrants. Awards to top three finishers in each age group. Prize for male and female overall winners.

Entry Fee: Early Registration \$15 postmarked by July 09, 2010. Race day registration \$20.

Endurance Trail Run **Saturday August 21, 2010**

Test your endurance, on our single track mountain bike trail.

Location: Hanson Hills Recreation Area, Grayling MI

Course: This 7 point something mile course will lead you through a scenic tour of Hanson Hills single track mountain bike trails.

Check In: Saturday August 21, 2010 from 7:30-9am at Hanson Hills Main Lodge. **Race begins at 9:00am.**

Awards: Custom T-shirt for all participants. .

Entry Fee: Early Registration \$15 postmarked by August 13, 2010. Race day registration \$20.