

Entry Form

Event: 2.5 km ____ 5 km ____ 10 km ____

Name _____

Address _____

City _____

Postal Code _____ Phone _____

Birth Date _____ Age on race day _____

Gender _____

T-Shirt Yes _____ No _____

Adult

Small ____ Medium ____ Large ____ XL ____

Amount Enclosed \$ _____

Cash or cheque payable to Soo Finnish Nordic Ski Club.

Release

I attest and verify that I have full knowledge of the risks involved in this event and in consideration of you accepting this entry, I intending myself, my heirs, and executors, waive and release forever any and all rights and claims, or damages I may accrue against the Soo Finnish Nordic Ski Club, Inc., the Kinsmen Club and any and all sponsors for any and all injuries suffered by me traveling to and from, and participating in this event.

Date _____

Athlete's Signature _____

(Parent or Guardian if under 18)

Race Kit Pick-Up & Registration

Saturday, September 20, 2014

Race kit pick-up & registration will be available from 1 pm until 4 pm in front of The Athlete's Foot in Station Mall on Saturday, September 20.

Sunday, September 21, 2014

Race kit pick-up & late registration will take place at the **Sault Ste. Marie Conservation Authority, 1100 Fifth Line East** on race day.

Registration Desk opens at 11:30 am.

Please pick-up your Race Number at least 30 minutes before the start of your race.

Late Registration

Late registration will be accepted up to one hour prior to the start of each event.

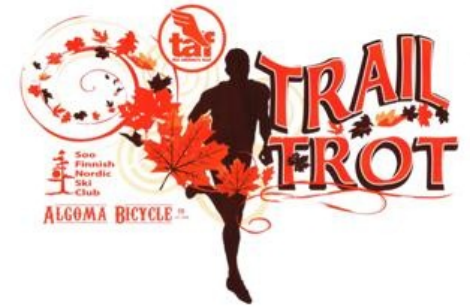
Start Times

2.5 km 1:00 pm

5 km 1:45 pm

10 km 1:45 pm

For more information contact us at:
trailtrot@gmail.com or visit us at
soofinnishnordic.com



29th Annual

2.5 km, 5 km & 10 km

Hiawatha Highlands

New Start and Finish

Location for 2014

Sault Ste. Marie

Conservation Authority

1100 Fifth Line East

Sunday, September 21, 2014

The Trails

- Note - This year all 3 races will start and finish at the **Sault Ste. Marie Conservation Authority (Sugar Shack) 1100 Fifth Line East.**
- The 2.5 km trail includes part of the Pinder trail and a full loop of the Sugar Bush trail.
- The 5 km and 10 km events take place on the Pinder and Sugar Bush trails. The 5 km race will be one lap around the trail and the 10 km race will be two laps around the trail. The trail is mainly flat, with two gradual hills.
- Visit soofinnishnordic.com for trail maps and directions to the trails.
- There will be one water station mid-way through the 5/10 km trail.
- Post race refreshments will be available near the finish line.

Awards

1st overall Male & Female 2.5 km, 5 km, 10 km
1st, 2nd, 3rd Male & Female in each age group.

Age Groups

2.5 km: 4 & under, 5-8, 9-11, 12-14, Open (all other ages)

5 km & 10 km: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+



Registration

Register on-line at soofinnishnordic.com or submit entries by 4 pm September 20 to:

The Athlete's Foot
Station Mall
299 Bay Street
Sault Ste. Marie
Ontario
P6A 1X3

Registration will be available from 1 pm until 4 pm in front of The Athlete's Foot in Station Mall on Saturday, September 20. After September 20, registration will take place at the **Sault Ste. Marie Conservation Authority (Sugar Shack) 1100 Fifth Line East on race day September 21.**

Online registration closes Saturday, September 20 at 4 pm.

Entry Fees

	On or before September 11	September 12-21
2.5 km	\$6.00*	\$11.00*
5 & 10 km	\$25.00	\$30.00

Register early to ensure that you receive a T-Shirt. Entries after September 11 will receive a T-Shirt based availability.

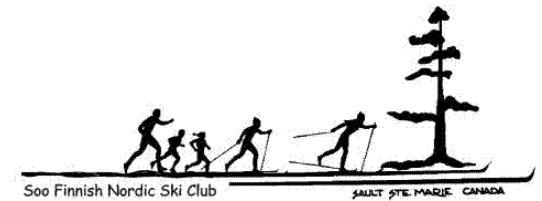
2.5 km Event

* T-Shirt not included in the entry fee for the 2.5 km event. Add \$12.00 for a T-Shirt.

Register early to ensure you receive a T-Shirt! T-Shirt quantities will be limited.



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Location

