

# MUCK RUN 2008

A Michigan Tech Cross Country Team Production

**What:** 5K trail race through mud, muck, and mire. Maybe even snow.  
**When:** **Saturday, November 1, 2008. 10:00 a.m.** (or soon thereafter)  
**Where:** Tech Trails (off Sharon Ave, across from Sherman Field in Houghton, on the Michigan Tech campus).  
**Why:** All proceeds benefit the MTU Men's and Women's Cross Country Teams.

Entry Fees:	<u>Pre-registration</u> (Post-Marked by 10/24/08)	<u>Race Day Registration</u> (8:30-9:30a.m. at the trailhead)
Individual Registration (High School and College Students, UPRRC members)	\$8	\$10
General Public	\$12	\$15
Team Registration	\$6/runner	\$8/runner

Minimum of 4 runners/team. Registration forms must be sent in together.

**Pre-Registration Note:** We cannot guarantee your pre-registration unless it is **Post-Marked** by the above deadline. Forms that cannot be post-marked in time must be **dropped off** at the mailing address below. All forms received after the deadline will be held until race day and the entrants will be charged the race-day registration fee. **NO exceptions.**

**Race-Day Registration Note:** Please arrive for registration no later than 9:30 a.m.

**T-shirt:** T-shirts are available while supplies last.  
**Course:** Challenging trail 5K with rolling hills.  
**Awards:** Top male and female finishers overall and top 3 in each age group: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+.  
Also an award for the muddiest runner and top team.  
**BEST COSTUME AWARD** – Muck Run will be held the day after Halloween. Hang on to your Halloween costume, dress up and run! An award is given for the most impressive outfit!  
**DOOR PRIZES** – The local business community traditionally supports us with many interesting door prizes, stick around after the race to see what you might win!!!!

**Parking:** MTU Trails, Softball Fields, or SDC Lot 24.  
**Showers:** Full shower and restroom facilities available at the SDC.  
**Questions?** Please call (906) 487-2986 or email [jhaggen@mtu.edu](mailto:jhaggen@mtu.edu) with any questions.  
Detach Here. This form may be photocopied.

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**Make checks payable to MTU Cross Country**

Mail forms to: Muck Run c/o Joe Haggemiller, MTU Athletics, 1400 Townsend Dr., Houghton, MI 49931

**Team registration:** Minimum of 4 runners per team. Each runner must complete an entry form. **Send all team members' forms together.**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F (circle one)  
Last First M.I.

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
Number and Street Apt.

Phone: ( ) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

Shirt size(s): S M L XL

Team registration: Are you the team captain? Y N

Team name (required): \_\_\_\_\_

Entry fee	
<b>Total enclosed</b>	

I acknowledge that a trail race is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. I hereby assume the risks of participating in this trail race event. I waive, release, and discharge from any and all claims, losses, or liabilities for death, personal, injury, partial or permanent disability, property damage, medical or hospital bills, theft, or damage of any kind, including economic losses, which may in the future arise out of or relate to my participation in or in my traveling to and from this event, the following persons or entities: event sponsors, race directors, event producers, volunteers, all states, cities, counties, or localities in which events or segments of events are held, and the officers, directors, employees, representatives and agents of any of the above, even if such claims, losses, or liabilities are caused by the negligent acts or omissions of the persons I am hereby releasing or are caused by the negligent acts or omissions of any other person or entity. I grant permission for the use of my name and/or likeness relating to my participation in this event, and I waive all rights to any future compensation to which I may otherwise be entitled as a result of the use of my name or likeness.

**Participant Signature:** \_\_\_\_\_ **Parent Signature (if under 18):** \_\_\_\_\_