

MUCK RUN 2013

A Michigan Tech Cross Country Team Production

What: 5K trail race through mud, muck, and mire. Maybe even snow.
When: Saturday, November 2, 2013, 10:00am
Where: Tech Trails (off Sharon Ave, across from Sherman Field in Houghton, on the Michigan Tech campus).
Why: All proceeds benefit the Michigan Tech Men's and Women's Cross Country Teams.

Entry Fees:	<u>Pre-registration</u> (Post-Marked by 10/25/13)	<u>Race Day Registration</u> (8:30-9:30am at the trailhead)
Individual Registration (High School and College Students, UPRRC members)	\$14	\$16
General Public	\$16	\$20
Team Registration	\$14/runner	\$16/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 9:30am

T-shirt: Short sleeve race t-shirts are included with registration for the first 60 registrants (size dependant on availability)

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 on Halloween Weekend! Bring 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: Michigan Tech Trails, Softball Fields, or SDC Lot 24.

Showers: Full shower and restroom facilities available at the SDC.

Questions? Please call (906) 487-2986 or e-mail jjhaggen@mtu.edu with any questions

Make checks payable to Michigan Tech Cross Country

Mail forms to: Muck Run c/o Joe Haggemiller, Michigan Tech 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 M L XL

Team registration: Are you the team captain? Y N

Team name (required): _____

Entry fee	
Total enclosed	

Understanding and assumption of risk. I understand there are inherent risks that cannot be eliminated in this activity. I have been advised of probable risks regarding the activity provided by the Program. I affirm that I have sufficient knowledge of the risks involved in this activity and understand that there are risks not specifically identified which are a part of the activity. I am aware of these risks and I agree to follow all safety instructions and to ask questions if I do not understand. I also acknowledge that, despite careful precautions, there are certain inherent risks of injury in this activity which each participant must assume if he or she desires to participate. Therefore, I assume and accept all risks of and full responsibility for bodily injury, death, loss of personal property and any expenses which may be suffered by me resulting from any identified or unidentified dangers and risks and any negligence associated with my participation in this activity. **Release of all claims.** I do hereby fully and forever release and discharge, and agree to indemnify and hold harmless Michigan Technological University, its Board of Control, employees and agents from any and all claims, demands, damages, or causes of action, present or future, whether the same be known or unknown, anticipated or unanticipated, for bodily injury, death or property damage resulting from or arising out of or in connection with my participation in the Program; excepting only such claims or causes of action arising from the willful misconduct by Michigan Technological University, its officers, agents or employees. 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. By signing this form I acknowledge that I have read and understand this form.

Participant Signature: _____ **Parent Signature (if under 18):** _____