

*Baraga County Lake Trout Festival*  
*1/2 Marathon, Pequaming Run/Walk and Family Fun Walk*  
 Sponsored by



*Saturday, June 13, 2009*  
*L'Anse, MI*

Event (circle one)	1/2 Marathon (13 miles)	Pequaming Run (8 miles)	Family Fun Walk (2 or 4 mile route)
Entry Fee (\$2.00 discount to UPRRC Members)			
Register by May 30th	\$20	\$20	\$10 per adult \$5 per child (<10 years)
Register after May 30th	\$25	\$25	\$15 per adult \$10 per child (<10years)

**Register by May 30th to guarantee a t-shirt**

***Portion of proceeds go to support the Upper Peninsula Diabetes Outreach Network***

First Name / MI / Last Name \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Date of Birth—mm/dd/yy \_\_\_\_\_ Age \_\_\_\_\_ T-shirt size, Adult \_\_\_\_\_ Child \_\_\_\_\_

**WAIVER MUST BE READ, SIGNED AND MAILED WITH ENTRY**

OFFICIAL WAIVER: I know that running, walking a road race is a potentially hazardous activity. I should not enter in the run/walk unless I am medically able and properly trained. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, the effects of weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I for myself and anyone entitled to act on my behalf, waive and release BCMH Rehab and Fitness Center, and any and all persons, sponsors and entities, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission for all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. Parents must sign if participant is under 18 years of age. This is to certify that my child has permission to participate in this event, is in good physical condition and that event officials may authorize necessary emergency treatment. I further understand that **ENTRY FEES ARE NON-REFUNDABLE.**

Print Name \_\_\_\_\_ Signature X \_\_\_\_\_ Date \_\_\_\_\_  
 (Signature of parent or legal guardian if participant is under the age of 18)

Please Drop Off or Send Entry Form and Fee to:  
 BCMH Rehab & Fitness Center  
 17 W. Broad Street • L'Anse, MI • 49946  
**Make Checks Payable to BCMH Fitness Center**

For more information call (906) 524-2200 or email Pam Dove at pdove@bcmh.org.  
 For Lake Trout Festival Event Information visit [www.laketroutfestival.com](http://www.laketroutfestival.com)



# Event Details

<b>When:</b>	Saturday, June 13, 2009
<b>Location:</b>	L'Anse, Michigan <u>½ Marathon</u> : Starts at Aura Fire Hall and ends at BCMH Rehab & Fitness Center <u>Pequaming Run/Walk</u> : Starts at 4 Corners in Pequaming and ends at BCMH Rehab & Fitness Center <u>Family Fun Walk</u> : Starts at BCMH Rehab & Fitness Center and ends at the L'Anse Township Park and Campground (2 mile route) or back to the BCMH Rehab & Fitness Center (4 mile route)
<b>Distance:</b>	13 miles, 8 miles, and 2 or 4 mile routes
<b>Starting Time:</b>	All events begin at 9 a.m. (Eastern Standard Time). There will be no late or early starts.
<b>Registration:</b>	Registration prior to the event can be mailed or dropped off to the BCMH Rehab & Fitness Center, 17 W. Broad St., L'Anse, MI 49946.  Registration the day of the event will take place under the pavilion at the L'Anse Water Front Park (directly across from the BCMH Rehab & Fitness Center). On-site registration will begin at 7 a.m. <u>Please register prior to proceeding to the starting location</u> to pick up bib and goody bag.
<b>Registration Fee Includes:</b>	Commemorative t-shirt, goody bags, map, awards, and check points with refreshments. Awards ceremony to follow events. Portion of proceeds go to support the projects and programs of the U.P. Diabetes Outreach Network.
<b>Course Description:</b>	The ½ marathon route meets up with the Pequaming Run course at the 5 mile marker. The scenic course consists of fairly flat terrain and runs along the beautiful Lake Superior Shoreline. The road is paved with a thin dirt shoulder. Check points and refreshments will be provided at 2 mile markers and at the finish line. Dress appropriately – wind off lake can be strong.  The Family Fun Walk begins at the BCMH Rehab & Fitness Center and ends (2 mile route) or turns (4 mile route) near the L'Anse Township Park where families can enjoy the new playground equipment and refreshments. The terrain is flat and runs along Bayshore Drive. Strollers are permitted, however bicycles are not.
<b>Lodging:</b>	Baraga State Park (906) 353-6558 Best Western Baraga Lakeside Inn (906) 353-7123 Hilltop Motel (906) 524-6321 L'Anse Motel & Suites (906) 524-524-7820 L'Anse Township Park & Campground (906) 524-6985 Ojibwa Casino Resort (906) 353-6333
<b>For further information call the Baraga County Memorial Hospital Rehab &amp; Fitness Center at:</b>	(906) 524-2200 or email Pam Dove at pdove@bcmh.org

Visit [www.laketroutfestival.com](http://www.laketroutfestival.com) to view the Lake Trout Festival schedule of events.