

24TH Annual
LAKE SUPERIOR SHORE RUN



US TRAIL RUN SERIES

Saturday, September 15, 2018

lakesuperiorshorerun.com

Proceeds Benefit the Superiorland XC Ski Youth Programs

events

Half Marathon * 5K *
 5 Mile Hike* 1K Youth
 All events start at Little Presque Isle

race results

Available online @ lakesuperiorshorerun.com

awards

Awards for top male and female.
 Top three winners in age groups male and female.
 Winners must be present to win. Awards immediately after 1K Youth Run.

Race starts– 9/15/2018

5 Mile Hike 9 am
 Half Marathon inc. relay 10 am
 *Early start marathon: 9:30 am (no awards for early start)
 5K 11 am
 1K Youth Noon

relays for half marathon

Run the race with friends! Designed for 3-person teams.

age divisions

Half Marathon (Male & Female)

18 and under, 19-29, 30-39, 40-49
 50-59, 60-69, 70+

5K (Male & Female)

10 and under, 11-12, 13-14, 15-16,
 17-18, 19-29, 30-39, 40-49, 50-59
 60-69, 70+

1K Youth Fun Run

Youth 4 up 13 years old

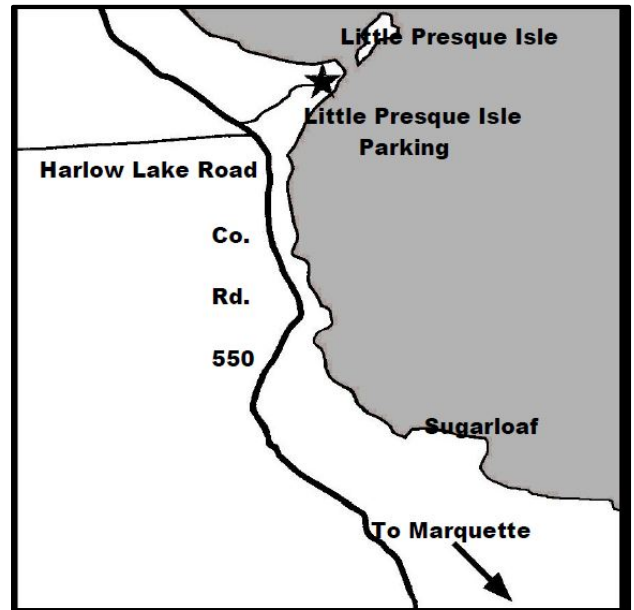
register and packet pick up

Mail entry to Superiorland Ski Club
 PO Box 864, Marquette MI 49855
 or online @ lakesuperiorshorerun.com

Packet pick up: Friday, September 14

4-6:30 pm, Marquette Commons,
 112 S. Third, Marquette

Race Day Registration accepted until 9:30 am on Race Day on site



shore run course

Beginning at Little Presque Isle, the half marathon course runs for 1.5 miles along Lake Superior beaches before passing pristine Harlow Lake. From there it gently wind up 300' of elevation to views of the Huron Mountains from the top of Bareback Ridge. The course then winds back down to Lake Superior for a 1.5 mile stretch of rugged running from Wetmore Landing to the finish at Little Presque. Four aid stations will be spaced along the course. **(some sections are extreme)**

Entry Form All entries are non-refundable and non-transferable. All participants must sign waiver at packet pick up.

Race Fees

Half Marathon Adult	\$55	<input type="checkbox"/>
Half Marathon Student	\$45	<input type="checkbox"/>
5K Adult	\$35	<input type="checkbox"/>
5K Student	\$23	<input type="checkbox"/>
5K H.S. XC Team Member	\$18	<input type="checkbox"/>
5 Mile Hike	\$25	<input type="checkbox"/>
1K Youth Run	Free	<input type="checkbox"/>
Half Relay	\$30/person	<input type="checkbox"/>

Name _____
 Male Female Age on September 15, 2018 _____
 Address _____
 City _____ State _____
 Zip _____ Phone _____
 Email _____
 Emergency Contact Name/phone _____
 T-shirt Size (please circle) Men's S M L XL Women's S M L XL Deadline for shirt
 is September 6, 2017. After that date, there is no guarantee on shirt.