

25TH Annual LAKE SUPERIOR SHORE RUN

Saturday, September 14, 2019

lakesuperiorshorerun.com

**Proceeds Benefit the Superiorland XC
Ski Youth Programs**

events

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

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


age divisions

Half Marathon (Male & Female)

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

Eagle Mine 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

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.

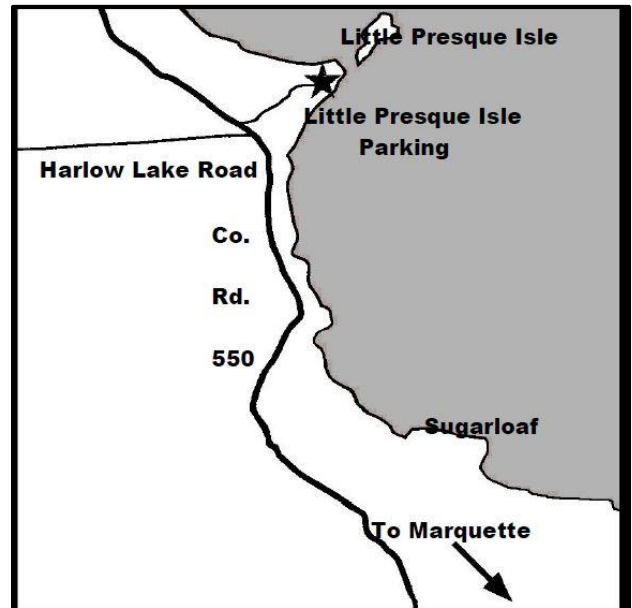
relays for half marathon

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

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 13
4-6:30 pm, Marquette Commons,
112 S. Third, Marquette
*Race Day Registration accepted until
9:30 am 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
Half Marathon Student	\$45
5K Adult	\$35
5K Student	\$23
5K H.S. XC Team Member	\$18
5 Mile Hike	\$25
1K Youth Run	Free
Half Relay	\$30/person

Name Male Female Age on September 14, 2019 _____
 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 August 31, 2017. After that date, there is no guarantee on shirt.



Superiorland Ski Club
 PO Box 864
 Marquette, Michigan 49855
www.superiorlandclub.com

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