

No Frills All Thrills 5M

www.NoFrillsAllThrillsRace.com

March 20, 2010 - 10:00 AM - Sun, Snow, Ice, Rain or Fog
Huron Meadows Metropark, 8765 Hammel Rd., Brighton 48116



Metropark pass required
(Annual or \$5 day pass)

Directions:

I-96 to US-23 South
Exit Lee Rd (Exit 55)
West on Lee to Rickett (1/2 M)
South 1 Mile to W. on Hammel
Turn Right into Park

Sorry – No Pets on the course

Race Day Registration opens
at 8:30am

Awards

Overall Open & Masters M & F
3 deep in each age group of:
14 & under, 15-19, 20-24, 25-29
30-34, 35-39, 40-44, 45-49, 50-54
55-59, 60 & up

Course

Scenic, wooded, well-groomed XC ski
trails with varied terrain

Registration –sorry no refunds

\$18 until 3/5/10
\$22 until 3/19/10, \$25 race day
includes a short sleeve tech shirt
great post race refreshments

Online registration available at:

www.signmeup.com/67061

Information

Don Rose, Jr., 989-634-5976
Or Email <info@NoFrillsAllThrillsRace.com>



Bob Smith, Realtor
RealEstateMich.com

Bring your yaktraks™, stabilicers™

or ice cleats if you have them. Conditions are often variable on race day. We'll update the web site with course conditions as we get nearer to the race.

Mail Entry Form & Make Check Payable To: B.A.R.S., P.O. Box 1141, Brighton, MI 48116-1141

Please Print All Information Clearly

Shirt Size: Men S__ M__ L__ XL__ XXL__ Women: S__ M__ L__ XL__

NAME: _____ MALE__ FEMALE__

ADDRESS: _____ AGE ON 3/20/10: _____

CITY: _____ ST/Prov: _____ ZIP: _____

DATE OF BIRTH: _____ PHONE #: _____ E-MAIL: _____

EMER Contact Name: _____ EMER Cont #: _____

WAIVER: In consideration of your accepting this form, I hereby for myself, my executors, my heirs and administrators, waive and release all rights and claims for damages I may have against the Brighton Area Road Striders, Huron Meadows Metro Park, the sponsors of this event, its agents, representatives, successors and assigns for any and all injuries suffered by me at said run, of which may arise out of my travel to, participating in and, returning from the event.

SIGNATURE: _____

ADULTS MUST SIGN FOR MINOR PARTICIPANTS