

# BIG BAD WOLF ADVENTURE RACE

Sponsored by Leadership Mecosta

**RUN, BIKE, CANOE**

When: September 4, 2010

Check-in time: 8:00am - 8:25am

Shot Gun Start: 8:30am

Address: 500 N. Warren Street Big Rapids, MI 49307

## **REGISTRATION**

**TEAMS MUST REGISTER BY AUGUST 13, 2010**

Team Captain must complete the simple registration form below; print it, sign it, and mail to:

Big Rapids Recreation  
226 N. Michigan Ave  
Big Rapids, MI 49307  
231.592.4038

### **Information**

This event is for everyone including the new and the experienced athlete. The run is approximately 5K on the Riverwalk (not certified), the bike ride is along the Riverwalk and White Pine State Trail, and the canoeing is approximately a 3 hour paddle on the Muskegon River. Canoes, refreshments, and t-shirts will be provided for all participants. Participants must provide their own bikes and can use their own canoe if preferred. Divisions are broken into how many participants are on each team (there must be 2 members per canoe). Prizes will be given to the top finishers of each division. Captains will receive a packet for their team with more information and specific details. For more information and/or questions please contact Jill Buse at the number above or e-mail at [jbuse@ci.big-rapids.mi.us](mailto:jbuse@ci.big-rapids.mi.us). This event coincides with the Big Rapids Riverdays Festival including children and adult entertainment.

Division 2: A team of 2 members, each member will run, bike and canoe entire race.

Division 3: A team of 3 members, one runner, one biker, and the biker and 3<sup>rd</sup> member canoe.

Division 4: A team of 4 members, one runner, one biker, 2 members in canoe.

\*Team Captain\*(please print clearly)

_____		_____	
Last Name		First Name	
_____			
Street Address			
_____			
City/Town		State	Zip
_____		_____	_____
Phone Number (best way to reach you)		E-mail Address	
_____		_____	

Division and Cost per Team: (please circle)

Division 2: \$40.00

Division 3: \$50.00

Division 4: \$60.00

Payment options

Cash

Check Payable to: Leadership Mecosta/BBW

[www.lm5k.org](http://www.lm5k.org)

Fax Your Registration ANYTIME 231.592.4059