



ASPIRUS

ONTONAGON
HOSPITAL

Passion for excellence. Compassion for people.

ED HANSEN MEMORIAL RUN

Sunday, September 5th, 2010
Race Time---10:00am Eastern!

10K & 5K – Flat, scenic route around town and along Lake Superior

Camping and Motels available-Twenty miles from Porcupine Mountains State Park on Lake Superior!
Registration from **8:30am to 9:45am** at the Fire Hall Located On Main Street (River St) of Ontonagon

All entrants qualify for Door Prizes & receive a T-Shirt

Awards will include-Trophies, Water Bottles, Mugs, & Metals

Labor Day Parade – Following the Race @ 2pm!

ED HANSEN MEMORIAL RUN/WALK

Ontonagon, Michigan
Labor Day Festival



Sunday, September 5th, 2010

Name: First _____ Last _____

Address _____

City _____ State _____ Zip _____

Circle One: Under-10 11-14 15-19 20-24 25-29 30-34 35-39 40-44 45-49

50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90 & up

Circle One: Male Female **Age:** _____ 10K _____ 5k _____

Entry Fee: UPRRC Member: \$14 _____ Others \$16 _____

Before August 23rd \$13 _____ \$15 _____

Make Checks payable to: Ed Hansen Run/ Mail to: Kelly Roehm-Aspirus Fitness Center-400 River St. Ontonagon MI 49953

I Hereby waive any and all rights of claim for damages arising from injury received while running the "Ed Hansen Memorial Run". I also hold harmless all sponsors, organizers, and race officials of any and all damages or injuries suffered by me. I have properly trained for this event and realize I am liable for any and all medical expenses incurred because of this race.

Entrant's Signature: _____

Signature of parent or guardian if under 18: _____

"I run because it's my passion, not just a sport. Every time I walk out the door, I know why I'm going and I'm already focused on that special place where I find my peace and solitude. Running, to me, is more than just a physical exercise...it's a consistent reward for victory!" ~~Sasha Azevedo, Runner Athlete

