

The Legend - August 3, 2013

Sleepy Hollow State Park has 2,600 acres of hardwood forest, prairie grassland and 410 acre Lake Ovid. The run circles Lake Ovid and several other small lakes in a beautiful lightly hiked and biked area of Michigan. Much of the trail is actually grass covered-the perfect running surface! Some steep hills but none too long. There are some low areas that may be muddy and wet, would you want it any other way? Sleepy Hollow State Park is 20 minutes north of Lansing, about an hour and a half drive from Metro Detroit and well worth it. Consider camping Friday night!!

More info at www.runlegend.com

First Name _____ Last Name _____

Address _____ City/ST/Zip _____

Email _____ Phone _____

Male Female Date of Birth _____ Age on Race Day _____

Shirt size: (Brooks Podium Tech Shirt)

Check out www.brooksrunning.com for size chart!

Men's: S M L XL XXL Women's: S M L XL



Please Check One!

- | | | | |
|--|-----------------------------|---------------------------------|---------------------------------------|
| <input type="checkbox"/> 5 Mile: | \$29 through 6/29/13 | \$34 6/30/13-NOON 8/1/13 | \$40 Race Weekend 8/2 & 8/3/13 |
| <input type="checkbox"/> 10 Mile: | \$34 through 6/29/13 | \$39 6/30/13-NOON 8/1/13 | \$45 Race Weekend 8/2 & 8/3/13 |
| <input type="checkbox"/> 13.1 Mile: | \$39 through 6/29/13 | \$44 6/30/13-NOON 8/1/13 | \$50 Race Weekend 8/2 & 8/3/13 |

Waiver & Release of Liability

I know The Legend is a potentially hazardous activity. The dangers inherent to trail racing include but are not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, lightning, and loose trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf waive and release all volunteers and sponsors, The State of Michigan, The Department of Natural Resources, Running Fit and its employees from all claims of liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Yes, I read waiver & accept the terms of the waiver on this page

Signature _____ Date _____

Parent Signature if Under 18 _____ Date _____

Send check & form to:

Running Fit, the Legend Registration, 5700 Jackson Rd, Ann Arbor, MI, 48103

Ph 734-929-9027 Fax: 734-929-9021

