

Voted Best Race in the U.P. By Upper Peninsula Road Runners Club '92

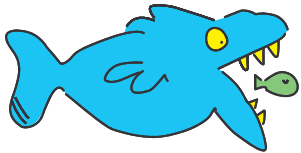
(Sanctioned by UPRRC)

29 Yrs. Running **Run Your Bass Off**

23rd Annual "Half Bass" (3.6 miles)

7th Annual 2 Mile Fun Walk

Sunday, July 12, 2009



9:00 a.m. C.D.T., Runkle Lk. Park Crystal Falls, Michigan

Pre-Register by July 6, 2009 and receive "Run Your Bass Off" Shirt at Race Time!

Age Divisions and Records:

10K			
7-13	'86	Kevin Sintkowski	41:53
	'82	Kathy Tinti	49:14
14-19	'83	Humphrey	32:32
	'86	Wendy Babcock	39:55
20-29	'84	Dave Uhrich	31:55*
	'85	Beth Reid	40:51
30-39	'83	ChrisDanielson	33:32
	'92	Tina Dettman	38:41*
40-49	'90	Jim Cihak	35:52
	'04	Doris Winsand-Dousman	43:21
50-59	'84	Arlen Sunn	36:56
	'00	Jan Spitler	49:44
60-69	'99	Joe Wolters	39:56
	'00	Roddie Larsen	64:44
70-79	'04	Arlen Sunn	47:30
	'07	Roddie Larsen	81:30

Course: Starts and finishes at Runkle Lake Park. Scenic route, rolling hills, mile markers, water stations, and time splits.

Entry Fee: 10K and Half Bass \$14 with a \$2 discount to UPRRC members. \$2 more on race day registration. 2 Mile noncompetitive Fun Walk, \$11 advance and race day. "Coveted" Run Your Bass Off T-shirts to all finishers.

Advanced Registration: July 6 deadline. Mail entry form with check or money order to "Run Your Bass Off", P.O. Box 233, Crystal Falls, MI 49920.

Day of Race: Registration between 8:00 a.m. and 8:45 a.m. CDT. Soft drinks and fruit at the end of race. Results posted following race. Rest rooms and showers available.



*Course Records

Half Bass			
7-13	'06	Dennis Palacios	23:05
	'94	Trina Watson	27:27
14-19	'05	Matthew Dettman	18:37*
	'00	Jessica Campbell	23:02
20-29	'00	John Butsic	19:15
	'88	Tracy Donahue	22:44*
30-39	'95	Mike Ostrerga	19:08
	'04	Becky Wellhouse	26:42
40-49	'94	Jim Cihak	20:53
	'03	Catherine Elliot	26:42
50-59	'01	Jim Cihak	22:48
	'07	Doris Dansman	27:28
60-69	'00	George Orchard	26:17
	'05	Jan Spitler	31:18
70-79	'99	Ron Helgren	28:02
	'08	Roddie Larsen	38:59
80-89	'08	Keith Harris	46:25
	'98	Elaine Davis	48:28

Overall & Masters Division Winners

Trophies for male and female, 10K and Half Bass.

Trophies, Custom Medallions, and Prizes Galore!

Race Results:Please bring a self-addressed stamped envelope

Rain or Shine -- We Run -- No Refund

Detach Here

Make Check or money order payable to "Run Your Bass Off"

Age on Race Day _____ Sex _____ U.P.R.R. _____

Select **ONE** of the 4 Races

1. _____ 10K	2. _____ Half Bass
3. Clydesdale [Half Bass Only] _____ Male [190+ lbs] _____ Female [150+ lbs]	
4. _____ 2 Mile Walker [noncompetitive]	

Name: _____

Address: _____

City: _____ State ____ Zip _____

Please read the following statement. Sign below before submitting entry:

In consideration of acceptance of my entry, I hereby waive and release any of the sponsoring groups, officials, attendants, any and all other persons for any and all injuries suffered by me at said "Run Your Bass Off" Road Race. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. Further, I hereby grant permission for the use of my name and any photographs or other records of my participation in this event for any publicity, without obligation or liability to me.

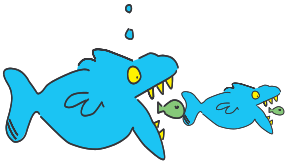
Signature: _____ Parent/Guardian _____

Crystal Falls Business Association

Run Your Bass Off

P.O. Box 233

Crystal Falls, MI 49920



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Permit No. 14
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