

ENTRY FORM

Name _____

Address _____

City _____

Province/State _____

Postal Code/Zip Code _____

Male Female

Birthdate (dd-mm-yyyy) _____

Entry Type (please check)

- 10k run
- 5k run
- 5k walk
- 5 and under kids
- 6-8 kids
- 9-12 kids

*NO RACE DAY CHANGES

Please read carefully and sign:

WAIVER (must be signed) In consideration of my participation in this event, I, for myself, my heirs, executors, and administrators, waive all rights and claims for damages I may have against Jocelyn Recreation, the sponsors of this event, their agents, representative, successors, and assignees for any and all injuries suffered by me at said event, or which may arise out of my traveling to, participating in, and returning from this event. I further state that I am in proper physical condition to compete in this event.

Signature (guardians must sign if under 18):

Date: _____

WITH SPECIAL THANKS TO:

(as of April 1, 2011)

- Ambeault's Confectionary
- Algoma Bicycle
- Ann's Café
- Athlete's Foot
- Betty Lypps
- The Calico Hen
- Janet Callahan
- Carl Thomas Sales Representative Royal LePage
- CEP Compression Canada
- Changes Hair Salon
- The Country Way
- Crazy Tree Farms
- David Nelson Representative The Real Estate Stop
- Diana Madill
- Doug Hook
- Edwin and Ruth Stevens
- Forever Fit
- Garden of Eden
- Harmony Tea Room
- Hannah McRae
- Iron Kids Canada
- Island Springs Golf Resort
- Island Touch Therapeutic Massage
- Janet Boucher
- Judy Dukes
- Karen's Dream
- Kentvale Merchants
- Lock City Dairy
- Local Maple Syrup Producers
- Marg Willoughby
- Moose Sweats
- Mike Jones
- Pilates for Me
- Road ID
- St. Joseph Island Boatel
- St. Joseph Island Coffee Roasters
- St. Joseph Island Hunters and Anglers
- St. Joseph Island Market
- St. Joseph Island Triathlon
- Sarah Buckley
- Sharon & Wesley Stevens
- Sheila Campbell
- Sault Hot Yoga
- Sault Stryders
- Whiskey Bay Resort
- Willow Creek Creations

The 10th Annual Mountain Maple 'Trail' Run/Walk & Kids Fun Run



St. Joseph Island MAY 29, 2011

5K Run, 10K Run & 5K Walk

Sponsored by:



An event of Jocelyn
Recreation Committee

Jocelyn Recreation welcomes you to the **10th annual Mountain Maple Run/Walk**. This event takes place on cross-country trails located on beautiful St. Joseph Island. The RUGGED trail system is the one used for cross-country skiing. The course is one loop for the 5km run and 5km walk, and two loops for the 10km run.

LOCATION & DIRECTIONS:

Mountainview Centennial Grounds,
Jocelyn Twp., St. Joseph Island, Canada

*From Sault Ste. Marie (Michigan or Ontario) take Hwy. 17E to the St. Joseph Island turnoff

*Turn right onto Hwy. 548 and continue to the corner to the first stop sign and turn right; continue to the next road intersection and turn left at the 10th Side Road then continue until the P-line where you will turn right.

*Follow the P-Line until you reach a stop sign and turn left onto Hwy. 548

*After turning left watch for signs to the Jocelyn Township Office for registration

There will be signage along the roads on St. Joe to help you along the way!

Please Note: no bicycles or pets allowed on the course during the race.

START: 5km run -- 10:00am
10km run -- 10:00am
5km walk -- 10:05 am
Kids runs – 11:00 am

Packet pickup and same day registration at the Jocelyn Township Office from 8:30am to 9:50am May 29, 2011. Runners goodie bags guaranteed to the first 100 adult runners.

Registration Fees:

\$20 on or before May 18, 2011
\$30 from May 19 – May 29, 2011
\$5 Kids Fun Run (All kids receive a participation medal!)

Make cheques payable to Jocelyn Recreation Committee. Cash or cheque will be accepted as payment

Completed forms with payment can be dropped off at **Catalyst Gym** (Industrial Court B), **Athletes Foot** (Station Mall), mailed or dropped off to: **Jocelyn Twp. Office**, RR # 1, Hilton Beach, POR 1G0

AWARDS:

Top three women and men in the 5km run and the 10km run.

Prizes awarded for youngest and oldest male and female runners.

Many individual prizes for walkers and runners. Individual must be present to win.

Refreshments-Gatorade, fruit, coffee and homemade cookies!

For more information please contact
705 246 2025 or 705 575 1817
mountainmaplerun@gmail.com



All proceeds will be used to support events of Jocelyn Recreation Committee including the 25th Anniversary of Harvest Festival, Fall Fair and July 1st Fireworks!



Start Line, Kids Fun Run, 2010