

All events start and finish at the City Forest Trailhead located at 2840 E. Monroe Rd. (1/4 mile west of Eastman Ave.), Midland, MI 48640.

The course is a combination of unpaved two-track and single track trails that twist and turn over flat land and steep hills in the scenic woods of City Forest Park just north of the City of Midland. City Forest is a 520 acre preserve of woods, creeks, marshes and bridges, making for an enjoyable and challenging off-road run. Don't want to spend time in hilly rails? Then join the 1 mile walk!



Restrooms are available at trailhead & inside Chalet.





Partnering with The Judy V. Spencer Fund

7th Annual



Trail Run

Saturday, September 19th Midland City Forest



SOS Animal Rescue Dirty Dog Trail Run

SEPTEMBER 19, 2015 SCHEDULE OF EVENTS

8:00 a.m.	Registration Opens
9:00 a.m.	10k Run Begins
9:05 a.m.	5k Run Begins
9:15 a.m.	5k Walk Begins
9:16 a.m.	1 Mile Walk

Racers without dogs will start first followed by those with dogs.

REGISTRATION

Online: Sign up online at www.itsyourrace.com

Mail In: Send registration form and check payable to "SOS Animal Rescue" to Shelley Park Cluff at 1007 E. Wackerly St, Midland MI 48642

Day of Race: Available from 8:00-8:45am inside the Chalet

Divisions: Men's, Women's, 13 and Under

All participants will receive race bling on race day as provided by our sponsors. Door prizes will be awarded following the race.

Pet participation is encouraged though we ask you to be considerate of your dog's ability and limitations. All dogs are to be kept on leashes, no exceptions.

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RACE FEES

	Before 9/5*	9/6-9/16*	Day of Race*
5K Run Walk:	\$25	\$30	\$40
10K Run:	\$25	\$30	\$40
1 Mile Walk:	\$10	\$10	\$10

*Shirts are only guaranteed with registration before 9/5 and are optional for an additional \$5.

ALL NET PROCEEDS FROM THIS EVENT WILL BE USED BY:

Judy V. Spencer Fund to provide funding to ensure victims of domestic violence can provide a safe haven for their pets.

SOS Animal Rescue to provide funding for animals in need through their foster, pet food assistance, and spay/neuter assistance programs.

Donate!

Has a special pet touched your life or the life of someone you love? If so, consider making a tax deductible donation and participate in their honor!

Questions? Call 989-492-0042



REGISTRATION FORM

Send to: Shelley Park Cluff • 1007 E. Wackerly • Midland, MI 48642

First Name				
Last Name				
Address				
City	State Z	ip		
E-Mail				
Home Phone	Work/Ce	II Phone		
🗌 Male 🔲 Female	Date of Birth			
🗌 5K Walk 🔲 5K Run	🗌 10K Run 🗌	1 Mile Walk		
I am running with my dog	j: □Yes □I	No		
Shirt Size (Men's):		XL 🗌 2XL		
PAYMENT				
Registration fee:		\$		
Shirt (optional for \$5.00)		\$		
Charity Donation made in	n honor of:	\$		
Name of honoree as you would like it to appear in post-race printed materials				
	Total D	ue \$		
Check Enclosed (payable to SOS Animal Rescue) Please accept my entry in the SOS Dirty Dog Trail Run. I state that I am physically fit for the event I entered. I waive any rights I may have against SOS Animal Rescue, it's volunteers, directors, or sponsors for damage or injuries occasioned by my participation in any SOS Dirty Dog event. I also authorize SOS Animal Rescue to utilize any photographs, personal				
narrative, interviews, or audio a any and all purposes.	nd video recording of	f my participation for		

Signature	Date
(Parent/Guardian Signature Required if Pa	rticipant is under 18)

Emergency Contact Person & Phone Number