

**G.R.A. 10K  
REGISTRATION FORM**

Please print and circle correct information.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Shirt Size: S M L XL

Age: \_\_\_\_\_ Gender: Male Female

I agree to hold harmless, indemnify, and pay any attorney fees of the GRA and the State of Michigan, its servants, agents, and employees from any claims or demands that I may have of whatever kind and nature arising out of activities at our use of the premises controlled by GRA.

Signature: \_\_\_\_\_

\_\_\_\_\_  
Runner's under 18 - Parental Authorization

**Please send with entry fee(s) payable to:**

Grayling Recreation Authority  
P.O. Box 361  
Grayling, MI 49738

**Endurance Trail Run  
REGISTRATION FORM**

Please print and circle correct information.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Shirt Size: S M L XL

Age: \_\_\_\_\_ Gender: Male Female

I agree to hold harmless, indemnify, and pay any attorney fees of the GRA and the State of Michigan, its servants, agents, and employees from any claims or demands that I may have of whatever kind and nature arising out of activities at our use of the premises controlled by GRA.

Signature: \_\_\_\_\_

\_\_\_\_\_  
Runner's under 18 - Parental Authorization

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P.O. Box 361  
Grayling, MI 49738

**Top of the Hill 5K  
REGISTRATION FORM**

Please print and circle correct information.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: Male Female

I agree to hold harmless, indemnify, and pay any attorney fees of the GRA and the State of Michigan, its servants, agents, and employees from any claims or demands that I may have of whatever kind and nature arising out of activities at our use of the premises controlled by GRA.

Signature: \_\_\_\_\_

\_\_\_\_\_  
Runner's under 18 - Parental Authorization

**Please send with entry fee(s) payable to:**

Grayling Recreation Authority  
P.O. Box 361  
Grayling, MI 49738

**Hanson Hills Challenge Trail Run  
REGISTRATION FORM**

Please print and circle correct information.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: Male Female

I agree to hold harmless, indemnify, and pay any attorney fees of the GRA and the State of Michigan, its servants, agents, and employees from any claims or demands that I may have of whatever kind and nature arising out of activities at our use of the premises controlled by GRA.

Signature: \_\_\_\_\_

\_\_\_\_\_  
Runner's under 18 - Parental Authorization

**Please send with entry fee(s) payable to:**

Grayling Recreation Authority  
P.O. Box 361  
Grayling, MI 49738

Grayling  
Recreation

Hanson Hills Recreation  
Area

**2008  
G.R.A Race  
Schedule**



May 3, 2008

Top of the Hill 5K

June 7, 2008

Challenge Trail Run

July 26, 2008

GRA 10K

August 16, 2008

Endurance Trail Run



## RUNNING QUOTES



"Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'" - Peter Maher

"There will come a point in the race, when you alone will need to decide. You will need to make a choice. Do you really want it? You will need to decide."  
-Rolf Arands

"I ran and ran every day, and I acquired a sense of determination, this sense of spirit that I would never, never, give up, no matter what else happened."  
-Wilma Rudolph

"Sure you have to know your capabilities. An untested, out of shape person should walk if he or she is feeling exhausted in practice or in a race. But the pain felt racing is the temporal price one has to pay for the ephemeral experience of a race well run."

"Most men take the straight and narrow. A few take the road less traveled. I chose to cut through the woods."

"Everyone in life is looking for a certain rush. Racing is where I get mine." - John Trautmann

"Begin at the beginning and go on till you come to the end; then stop."

"Hard things take time to do. Impossible things take a little longer."  
-Percy Cerutti

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs." - Jesse Owens

### ***Top of the Hill 5K*** ***Saturday May 3, 2008***

*Cabin fever is over! Now is the time to test your body and see what kind of shape you are in!*

**Location:** Hanson Hills Recreation Area ,Grayling MI

**Course:** 3.1 miles of wooded rolling terrain that takes you on a tour of Hanson Hills Recreation Area.

**Check In:** Saturday May 3, 2008 from 7:30am-9am at Hanson Hills main lodge. **Race begins at 9:00am**

**Awards:** Free Air, Fun Competition, and Water.

**Entry Fee:** Early Registration \$5, Race Day Registration \$5.



[WWW.HANSONHILLS.ORG](http://WWW.HANSONHILLS.ORG)



### ***Hanson Hills Challenge Trail Run*** ***Saturday June 7, 2008***

*Challenge yourself in this 5 mile trail run!*

**Location:** Hanson Hills Recreation Area, Grayling,MI

**Course:** This challenging 5-mile course begins and ends in front of Hanson Hills Little Smokey Cross Country Lodge. Your run is over hilly and some sandy terrain that cuts through Hanson's beautifully wooded forest.

**Check In:** Saturday, June 7, 2008 from 7:30-9am at Hanson Hills Main Lodge. **Race begins at 9:00 am**

**Awards:** Customized Hanson Hills Trail Run Socks to first 50 participants registered. Awards to top three finishers in each age group. Prize for first male and female overall winner.

**Entry Fee:** Early Registration \$15 postmarked by May 28, 2008. Race day registration \$20.

### ***G.R.A. 10K*** ***Saturday July 26, 2008***

*Part of the Ausable River Festival!*

**Location:** Start and Finish at the Grayling High School Football Stadium, 3 miles north of Grayling on Old 27.

**Course:** Course begins and ends at the Grayling High School Football Stadium. This flat course travels down the Wayne C. Koppa Pathway into Grayling.

**Check In:** Saturday, July 26, 2008 from 7:30 am to 8:30 am at stadium concession stand.

**Race begins at 9:00am**

**Awards:** Specially designed T-shirts to all entrants. Awards to top three finishers in each age group. Prize for male and female overall winners.

**Entry Fee:** Early Registration \$15 postmarked by July 12, 2008. Race day registration \$20.

### ***Endurance Trail Run*** ***Saturday August 16, 2008***

*Test your endurance, on our single track mountain bike trail.*

**Location:** Hanson Hills Recreation Area, Grayling MI

**Course:** This 7 point something mile course will lead you through a scenic tour of Hanson Hills single track mountain bike trails.

**Check In:** Saturday August 16, 2008 from 7:30-9am at Hanson Hills Main Lodge. **Race begins at 9:00am.**

**Awards:** Custom T-shirt for all participants. .

**Entry Fee:** Early Registration \$15 postmarked by August 9, 2008. Race day registration \$20.