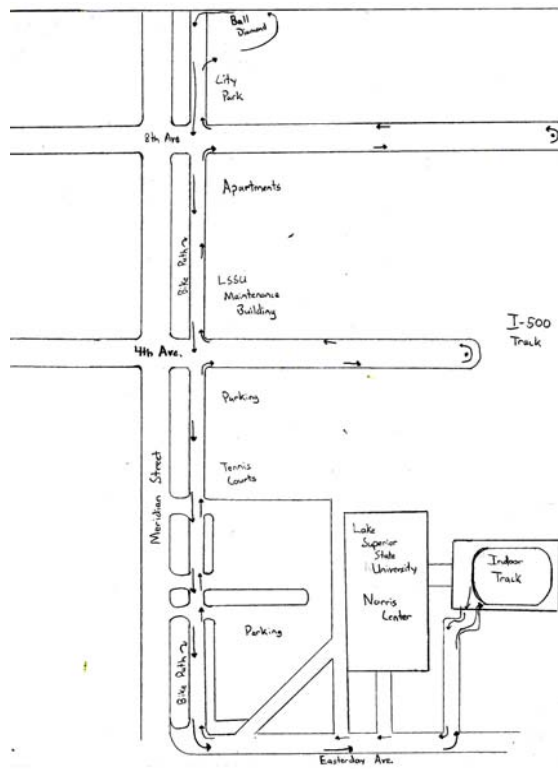


COURSE MAP



This event endorsed by



Lake Superior State University
Track and Field Office
650 West Easterday Ave
Sault Ste Marie, MI 49783

12th Annual
CABIN
FEVER

5K

Run/Walk
Kids Fun
Run



Saturday

April 26th 2008

9:00 am

Presented by
Lake Superior State University's
Cross Country and Track Teams

Cabin Fever 5k Run, Fitness Walk, and Kids Fun Run

When

Saturday, April 26, 2008 9:00 AM

Where

Lake Superior State University
Norris Center, indoor track.

Course

Begin and finish with a 200m lap around the indoor track, though a bay door to a bike path, on a flat, fast course. There are two U-turns, so you can look the competition in the eye, or cheer on your fellow runners. The course is closed for traffic; volunteers will be monitoring road crossings and parking lots.

Kids Fun Run

The Kids fun run will begin at 8:45am and will be one lap around the indoor track (200m).

Clocks/Mile Markers

Running time and mile markers will be at the 1 and 2-mile marks as well as the finish.

Water/Aid Stations

Water will be available prior to the start of the race. Afterward fruit and refreshments will be served

Age Groups

Male and Female, 15 and under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and over.

Awards

The first 100 registered participants will receive an official race souvenir. Awards will begin five minutes after the last runner finishes. Male and Female, overall, masters (40 & over) and Juniors (19 & under) will receive an award.

Door Prizes

The local community has been a great supporter of the Cabin Fever Road Race. Last year there were more draw prizes than there were competitors.

Results

Complete results will be posted on the Lake Superior State University Track and Field web page at www.lssulakers.com

Registration Information

Entry 5k Run & Walk

\$15 prior to race day and must be received before April 18, 2008. Any other entry after April 18, 2008 will be \$20 and should be taken care of on race day.

Kids Fun Run

\$5 early registration or on race day. Please note Kids Fun Run on Entry form.

Packet Pick-up

Packet pick-up and late registration will open at 7:00 am in the Norris Center indoor track. Late registration and pick-up will close at 8:45 am.

Entry Form	
Name: Last _____	First _____ M.I. _____
Address _____	City _____ State _____ Zip _____
Date of Birth _____	Sex _____ Age (on 04/26/2008) _____ Shirt Size S M L XL _____
<small>Waiver: I know that running a road race is a potential hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risk associated with running in this event including, but not limited to falls, contact with other participants, the effects of the weather, including icy/extreme cold, traffic, and the condition of the road, all without being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release LSSU, the City of Sault Ste Marie, and all partners, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. The event director has the right to cancel this event in case of severe weather. Registration fees are non-refundable and non-transferable.</small>	
Athlete's Signature _____	Date _____
Parent or Guardian's Signature (Under 18) _____	Date _____
Registration Fee: _____	\$15 per person through (04/18/2008) Race Day (04/26/2008) \$20 Kids Fun Run \$5
Make Checks Payable to: "LSSU Track and Field"	Mail to: Lake Superior State University/ T&F Office 650 West Easterday Avenue Sault Ste Marie, MI 49783