2010 Bear Paw Run
PO Box 91967
Anchorage, AK 99509

ANCHORAGE WOMEN'S CLINIC
You take care of everyone else, let us take care of you.

Proud Sponsor
Of

Bear Paw Classic 5K Run

COME JOIN THE FUN IN EAGLE RIVER

Saturday July 10, 2010
10:30 a.m.

Registration Information
See Inside for more details!

The 16th annual Bear Paw 5k is an event for the whole family. This is a race for all ages and abilities. The race takes place as a prelude to the Bear Paw Festival parade. You will run the route of the parade through downtown Eagle River, past cheering crowds, in front of the reviewing stand, onto the paced bike trail, completing a loop back to the finish line.

Entry Fee:

$20.00 per individual (includes t-shirts)
$60.00 per family (family rate is limited to immediate family members only)
$25.00 Late Registration Day of.
T-shirts and sizes are not guaranteed for late registrants.

Please make checks payable: to **ERNTC** (the Eagle River Nordic Training Center) All Proceeds go to support local athletes involved in cross country sport.

Thank you to all the 2010 sponsors!
Premier: Anchorage Women's Clinic
Gold: Midas of Eagle River
Skinny Raven Sports
Silver: Alaska Medical Solutions
Orthopedic Research Clinic of Alaska
Alaska Nordic Racing
Jitters Coffee House

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Pre-registration:

All pre-registered runners will receive a free Bear Paw classic T-shirt.

Hand Carry: You may drop off your entries by July 9th

Eagle River: Eagle River Chamber of Commerce (next door to Jitters), or Jitters Coffee Shop.

Anchorage: Skinny Raven Sports

download a form at www.skinnyraven.com

Mail/Send: You may postmark your entry forms by July 4, 2010. Please send entries to:

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PO Box 91967
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Race Day Registration:

You may late register the day of the race, at the packet pick up from 8:30 a.m.- 10:00 am.

Bib Pick Up: will be near the starting line New China Restaurant on Race day from 8:45 a.m.-10:00 am

Starting Line: the race starts at 10:30. New China Restaurant, Down Town, Eagle River, AK.

Finish Line: is approximately 4 blocks north at the Presbyterian Church at the Health South PT.

Parking: Shuttle available from the Fred Meyer Parking lot to the start line. Due to the parade, parking and traffic through Eagle River is restricted during the race and the parade. Please arrive early.

Awards: Sponsored by MIDAS For each age division. Approximately 12:00pm at the Midas parking lot. Ice cream social at Midas post race.

For more information call:
(907) 274-6960

Registration and Release Form
2010 Bear Paw 5K

Name:_____
_____
Age:_____ Sex M F
Address:_____
_____
City_____ State____ Zip_____
Phone:_____

T-shirt size: XS S M L XL

T-shirts and sizes and late registrants t-shirts are not guaranteed.

Waiver:

I understand and agree to hold harmless the employees, agents, and volunteers of the sponsors, the Eagle River Nordic Training Center, the Anchorage School District, the Chugiak-Eagle River Chamber of Commerce, singly or collectively, of all blame for any injury, misadventure, property damage, harm, loss or inconvenience resulting from any of the activities associated with the Bear Paw 5K

_____
Signature

_____
Signature of Parent or guardian if racer is under age 18

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