



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

Proud Sponsor Of The

Bear Paw Classic 5K Run

COME JOIN THE FUN IN EAGLE RIVER

Saturday July 9, 2011

10:30 a.m.



The 17th 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.

Thank you to all the 2011 sponsors! **Premier:** Anchorage Women's Clinic **Gold:** Midas of Eagle River Skinny Raven Sports **Silver:** Alaska Medical Solutions • Orthopaedic Research Clinic of Alaska • Alaska Nordic Racing • **Bronze:** Jitters Coffee House



Entry Fees: NEW T-shirt and NO T-shirt options Women's and Men's cuts and sizes.

Pre- Registration with T-Shirt

\$25.00 per individual (includes guaranteed t-shirt)

\$75.00 per family (family rate is limited to immediate family members only)

Late Registration with T-Shirt

\$30.00 Late Registration Day (includes t-shirt)

\$80.00 per family (family rate is limited to immediate family members only)

Pre-Registration with NO T-shirt

\$15.00 per individual (NO T-shirt)

\$60.00 per family (family rate is limited to immediate family members only/NO T-shirt)

Late Registration with NO T-shirt

\$20.00 individual (NO T-shirt)

\$60.00 per family (family rate is limited to immediate family members only/NO T-shirt)

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

Hand Carry: You may drop off your entries by July 8th by 5:00pm

Eagle River: Eagle River Chamber of Commerce (downtown Eagle River next to Library 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, 2011.

Please send entries to:

Bear Paw Classic

PO Box 91967

Anchorage, AK 99509

Race Day Registration:

You may late register the day of the race (note price difference),

Late registration at starting line, from 8:30 am - 10:00 am.

Bib Pick Up: will be near the starting line Aztec Sports Pub, on Race day from 8:45 a.m.-10:00 am

Starting Line: the race starts at 10:30. Aztec Sports Pub, Down Town, Eagle River, AK.

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

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: e-mail..... joeycat@pobox.alaska.net or call hotline at: 274-6960

**Registration and Release Form
2011 Bear Paw 5K**

Please print neatly

Name: _____

Age: _____ Sex M F

Address: _____

City _____ State _____ Zip _____

Phone: _____ e-mail _____

- NO, I don't want a T-shirt
- YES, I am ordering a t-shirt

T-shirt size:

Women's XS S M L XL

Men's XS S M L XL

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