



Date: Sunday, September 20, 2009
Start Time: 9:00 AM C.D.T.
Location: Washington Park
 6 on the Lake, Michigan City, IN 46360

Join us at one of the most unique adventure races in the United States. The 2nd Annual Michigan City Eco-Fit Challenge is a one of a kind, environmentally friendly, multi-sport event that gives participants the chance to run, paddle and spike into the sunset. Run 8K or walk 5K in the scenic Michigan City coastal region, paddle 8K on the beautiful waters of Lake Michigan, canoe or kayak the Trail Creek tributary, and play beach volleyball on the sands of one of the magnificent Great Lakes. Take the challenge up a level and participate in the Eco-Fit Biathlon or Crazy Tri. Both experienced competitors as well as novice recreational participants are welcome.

For more info and to register online go to www.toweronline.org/eco-fit, email eco-fit@toweronline.org or call (219) 874-8927.

Entry Form (Please print clearly)

First Name: _____ **Last Name:** _____ **MI:** _____
Sex: Male Female **Birth date:** ____ / ____ / ____ **Age on Race Day:** _____
Address: _____ **City:** _____ **State:** ____ **Zip:** _____ **Country:** _____
Phone: _____ **Email:** _____ **Circle t-shirt size:** S M L XL 2X 3X (Limited sizes available on Race Day.)

Team Name (Only applicable if competing in the team challenge) _____

Waiver: In consideration of this entry, I waive all claims for damages or stolen properties against the Eco-Fit Challenge Committee, Tower Incorporated, Northwest Indiana Paddling Association, Trail Creek Watershed Committee, the producers of the EVP National Tour, the Michigan City Parks & Recreation Department, Michigan City Port Authority, Sanitary District of Michigan City, Calumet Region Striders, Beachwalk Resort Community, Coast Guard, the City of Michigan City, and all its officers and staff, for injuries suffered at this event, including pre and post-race activities. I certify I am in good health and have trained adequately. I grant permission for my name and likeness to be used in reporting of this event.

Participant Signature _____ **Date** _____ **Parent/Guardian signature if under 18** _____ **Date** _____

Select Race:

	<input checked="" type="checkbox"/> Rcvd. by 9/18	<input checked="" type="checkbox"/> Race Day
Tower Run (Do not select if competing in the Biathlon or Crazy Tri)		
• 8K Run	<input type="checkbox"/> \$17	<input type="checkbox"/> \$22
• 5K Fitness Walk	<input type="checkbox"/> \$12	<input type="checkbox"/> \$17
Biathlon (Submit entries together for each teammate)		
• Individual	<input type="checkbox"/> \$25	<input type="checkbox"/> \$30
• Doubles Team (1 fee per team)	<input type="checkbox"/> \$50	<input type="checkbox"/> \$60
Crazy Tri (Submit entries together for each teammate)		
• Doubles Team (1 fee per team)	<input type="checkbox"/> \$70	<input type="checkbox"/> \$80
Teammate (if applicable): _____		
Paddling Races (Refer to chart for class code, 1 registration form per class)		
• Enter Class Code: _____	<input type="checkbox"/> \$17	<input type="checkbox"/> \$22

Class Codes:

- 1 K-1 Unlimited (8K)
- 2 K-1 Sea Kayak (8K)
- 3 K-2 Unlimited (8K)
- 4 C-1 Cruiser
- 5 C-2 Recreation
- 6 C-2 Cruiser
- 7 C-2 Mixed Cruiser
- 8 K-1 Downriver
- 9 K-1 Recreation
- 10 K-2 Recreation

Discount:

Only 1 discount per person and no discounts on race day.

	<input checked="" type="checkbox"/> Rcvd. by 9/18	<input checked="" type="checkbox"/> Race Day
CRS Gold Cup Series	<input type="checkbox"/> \$-2	n/a
Student	<input type="checkbox"/> \$-2	n/a
Age 14 & under	<input type="checkbox"/> \$-5	n/a
No Shirt	<input type="checkbox"/> \$-5	<input type="checkbox"/> \$-5

Subtotal\$ _____ Donation\$ _____ Total\$ _____

Make checks payable to Eco-Fit, P.O. Box 659, Michigan City, IN 46361

If you need information about kayak rentals contact the Northwest Indiana Paddling Association at nipa@toweronline.org