

Michigan City Eco-Fit Challenge



About the Eco-Fit Challenge

Join us at one of the most unique adventure races in the United States. The Inaugural **Michigan City Eco-Fit Challenge** is a one of a kind, environmentally friendly, multi-sport event that will give participants the chance to run, paddle and spike into the sunset.

Run 8K in the scenic Michigan City coastal region, paddle 16K on Lake Michigan, canoe or kayak the Trail Creek tributary, and play beach volleyball on the sands of one of the magnificent Great Lakes. Both experienced competitors as well as novice recreational participants are welcome.

Multi-sports include:

- Michigan City Biathlon - Run & Kayak
- Michigan City Crazy Tri - Run, Kayak & Volleyball

Single sports include:

- 16th Annual Tower Run - Run or Walk
- Ride the Wave Regatta - Kayak or Canoe
- Spike to Sunset - Beach Volleyball Tournament

Goals

- encourage and promote personal wellness;
- promote the environment and eco-friendly activities;
- support education in the Michigan City area.

Proceeds

Proceeds benefit the **Tower of Excellence Student Education Support Grants**. These grants provide financial assistance for classroom projects designed by teachers and students in the public and private schools of the Michigan City area. A portion of the proceeds will be designated for environmental and ecological education grants.

Event Organizers

Tower, a local nonprofit organization, the **Trail Creek Watershed Committee** and the producers of the **EVP National Tour** have teamed up to create this very unique and exciting event for the Michigan City area.

www.towersonline.org/eco-fit

Schedule

Central Daylight Savings Time • Schedule is subject to change

Friday, September 12, 2008	
4 - 7:00pm	Pre-Race Party/Package Pick-up Beachwalk Resort
Saturday, September 13, 2008	
7 - 8:00am	Registration/Package pick-up: Tower Run, Biathlon & Crazy Tri Jaycee Stage
8:30am	Start: Tower Run, Biathlon & Crazy Tri Parking Lot 2
9:30am	Registration/Package pick-up begins: Ride the Wave Jaycee Stage
10:00am	Awards: Tower Run Jaycee Stage
10:00am	Start: Ride the Wave Parking Lot 1
11:30am	Start: Spike to Sunset Beach
12:30pm	Awards: Biathlon & Ride the Wave (morning races) Parking Lot 1
2:00pm	Start: Fun Float (assembly) Washington Park
4:30pm	Awards: Crazy Tri, Ride the Wave & Spike to Sunset Jaycee Stage

Biathlon

This unique Biathlon combines the Tower 8K Run and the Ride the Wave Regatta's advanced 16K Sea Kayak or novice 8K Sea Kayak. Athletes can choose to compete as an individual or in teams.

Compete as an Individual

- Leg 1:** 8K Run
Leg 2: 16K or 8K Paddle
Divisions: Advanced - 16K Paddle (K-1 Unlimited & K-1 Sea Kayak)
 Novice - 8K Paddle (K-1 Recreation)
 Male and Female

Compete as a Doubles Team

- Leg 1:** 8K Run (Both Teammates)
Leg 2: 16K Paddle (Together in a 2 person kayak, K-2)
Divisions: All teams compete together.

Compete as a Relay Team

- Leg 1:** 8K Run (Teammate #1)
Leg 2: 16K Paddle (Teammate #2)
Divisions: All teams compete together.

Awards

1st, 2nd & 3rd place overall

Crazy Tri

The Crazy Tri is a one of a kind event that combines the Tower Run 8K the Ride the Wave Regatta's advanced 16K Sea Kayak and the Spike to Sunset Beach Volleyball Tournament.

Compete as a Doubles Team

- Leg 1:** 8K Run (Both Teammates)
Leg 2: 16K Paddle (Together in a 2 person kayak, K-2)
Leg 3: Doubles Beach Volleyball
Divisions: All teams, single or co-ed, compete together.

Compete as a Relay Team

- Leg 1:** 8K Run (Teammate #1)
Leg 2: 16K Paddle (Teammate #2)
Leg 3: Doubles Beach Volleyball (Teammate #1 & #2)
Divisions: All teams, single or co-ed compete together.

Awards

1st, 2nd & 3rd place overall

Need a Teammate

Post a message on our discussion board if you need a teammate to compete as a Doubles or Relay Team in the Biathlon or Crazy Tri. Wait to register until you have your teammate selected.

Group Challenge

Rally your colleagues, friends and family to compete in the Eco-Fit Group Challenge. Points awarded for each participant. Bonus points for the Biathlon, Crazy Tri and race finish place.

Awards

1st Place Overall, 8K Run, Largest, Most Spirited, etc.
 (Refer to website or contact us for complete details)

Sign-up your Group

1. Select a captain and register your "Group Name."
2. All team members must pre-register and include "Group Name." No group registrations accepted on race day.

Incentives

Check our website for updates and additions!

1. Register by Sept. 1 to be eligible to win a rental at the Beachwalk Resort Community for the weekend of the race.
2. Short sleeved t-shirt (Artwork designed by artist John Lucas)
3. Raffle items from local merchants and sponsors



The **Tower Run** is a unique, challenging and scenic 8K Run and 5K Fitness Walk that showcases the beautiful lakeshore, parks and beach communities of Michigan City.

Races

8K Run (Beach, Dunes, Trail & Road) - Competitive - 8:30am
 You will run along the Lake Michigan shoreline, through the award winning Beachwalk Resort community, up to the historic WPA Tower and roll back down for the final mile through beautiful Washington Park.

- 3 water stops
- Timers at each mile marker

5K Fitness Walk (Beach, Dunes, Trail & Road) - Recreation - 8:35am
 You will walk along the Lake Michigan shoreline, up to the historic WPA Tower and roll back down to the finish in beautiful Washington Park.

Awards

- Participant award (every finisher of 8K Run & 5K Walk)
- 1st, 2nd & 3rd place overall (8K Run, male & female)
- 1st, 2nd & 3rd place in each age group (8K Run, male & female)
 0-8, 9-10, 11-12, 13-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over
- Master's Division (40 & over, 8K Run, male & female)
- Special awards also presented
- Presented at approximately 10:00am.

GOLD CUP SERIES

The Tower Run is an officially designated race of the Calumet Region Striders Gold Cup Series
www.calstrider.org

Contact Us

Ryan Bos, Race Director
 towerrun@toweronline.org • (219) 874-8927



Ride the Wave Regatta

16K & 8K Sea Kayak • 14K Canoe/Kayak

The Ride the Wave Regatta is an official exhibition race on the Indiana Division of the United States Canoe Association 2008 Race Schedule. Participants have the opportunity to Kayak or Canoe on Lake Michigan or Trail Creek. Both competitive and novice/recreational divisions are available. Cross promotion has been coordinated with the Friends of the Chicago River's annual event, the Chicago Flat Water Classic.



Race Classes & Schedule

("K" = Kayak, "C" = Canoe • "1" = One person craft, "2" = Two person craft)

Awards

- 1st, 2nd & 3rd place overall in each class

Race	Code	Location	Race Times*
K-1 Unlimited (16K Paddle)	1	Lake Michigan	10:00am
K-1 Sea Kayak (16K Paddle)	2	Lake Michigan	10:05am
K-2 Unlimited (16K Paddle)	3	Lake Michigan	10:10am
C-1 Cruiser	4	Trail Creek	10:20am
C-2 Recreation	5	Trail Creek	10:25am
C-2 USCA Standard	6	Trail Creek	10:30am
C-2 Cruiser	7	Trail Creek	1:30pm
C-2 Mixed Cruiser	8	Trail Creek	1:35pm
K-1 Unlimited	9	Trail Creek	1:40pm
K-1 Downriver	10	Trail Creek	1:45pm
K-1 Recreation	11	Trail Creek	1:50pm
K-2 Recreation	12	Trail Creek	1:55pm
Fun Float	13	Trail Creek	2:00pm

* Race times are tentative and subject to change

* To compete in multiple classes, complete 1 registration form per class

* You must check-in (pick-up your packet) 30 min. before the start of your race

- Morning races presented at approximately 12:30pm
- Afternoon races presented at approximately 4:30pm

Contact Us

Daniel Plath, Race Co-Director

ridethewave@toweronline.org • (219) 879-3084



Spike to Sunset

Beach Volleyball Doubles

Situated on the beautiful golden beaches of Southern Lake Michigan and known for "Singing Sands", Michigan City offers an excellent tournament backdrop for the Inaugural Spike to Sunset. Spike to Sunset is produced by the EVP National tour, a select group of volleyball professionals from across the country.

Divisions

Doubles: Men & Women A & B - 11:30am

Registration

Visit the official EVP Tour website for full details:

www.evptour.com

Accommodations

Special rates are available through participating partners.

Beachwalk Resort Community

- **Rates:** (Include 2 nights, all taxes and fees) 1-5 bedroom homes that sleep 4-20, complete details available on our website, www.toweronline.org/eco-fit/accommodations.html
- **Share a Rental:** Post a message on our discussion board. A list will also be compiled from registration information.
- **Book your reservations:** 1-800-814-7501 • www.beachwalkresort.com

Additional Accommodations

Contact the LaPorte County Convention & Visitors Bureau (219) 872-5055 ext. 301 Leslie Schroeder

Driving Directions

Washington Park • Six on the Lake • Michigan City, IN 46360

1. Take I-94 East (from Chicago) or West (from Michigan)
2. Take US-421 N (exit #34B) towards MICHIGAN CITY
3. Merge onto US-421 (US-421 becomes Franklin St.) 3.75 miles
4. Turn RIGHT onto E 11TH ST. 0.07 miles
5. Turn LEFT onto PINE ST. 0.59 miles
6. Take Pine St. (one way North) over bridge into Washington Park
7. Follow curve to the right (Road becomes Lakeshore Drive)
8. Turn LEFT into Parking Lot 1
9. Go to Registration & Packet Pickup (Large Pavilion on the right)

register online at
active.com

Contact Us

By Email: eco-fit@toweronline.org

By Phone: (219) 874-7799 Sue Claussen

Website: www.toweronline.org/eco-fit

(Refer to each sport for additional contact information)

Sponsors & Partners

Intermediate



Novice Sponsors

LaPorte County Convention and Visitor's Bureau
Indiana University Northwest Alumni Association
Haas & Associates Consulting Engineers L.L.C.
Faithwalkers • Structurepoint, Inc. • Baker & Daniels, LLP
McCormick Engineering • Braje, Nelson & Janes, LLP
West Marine • MC Sports

Partners

Michigan City Parks & Recreation
Michigan City Area Schools
Sanitary District of Michigan City
Dunes Learning Center
Shirley Heinz Land Trust
John Lucas



Inaugural Eco-Fit Challenge Registration Form

September 13, 2008

Please print clearly.

First Name: _____ MI: _____

Last Name: _____

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.)

Group Name: _____

Choose Race(s):

	✓ Pre-Reg.	✓ Race Day
Biathlon (Submit entries for each teammate)		
• Individual	<input type="checkbox"/> \$30	n/a
• Doubles Team (1 fee per team.)	<input type="checkbox"/> \$60	n/a
• Relay Team (1 fee per team)	<input type="checkbox"/> \$40	n/a
Crazy Tri (Submit entries for each teammate)		
• Doubles Team (1 fee per team)	<input type="checkbox"/> \$80	n/a
• Relay Team (1 fee per team)	<input type="checkbox"/> \$60	n/a

Teammate Name (if applicable): _____

Tower Run (Do not select if competing in the Biathlon or Crazy Tri)

- 8K Run \$17 \$22
- 5K Fitness Walk \$12 \$17

Ride the Wave Regatta (Refer to chart for class code. 1 registration form per class)

- Enter Class Code: \$10 \$15

Spike to Sunset (Register from event website: www.evptour.com)

Kayak Rental (Limited availability) \$20 n/a

Canoe Rental (Limited availability) \$20 n/a

Discounts:

- Not applicable for Ride the Wave Regatta. Does apply if renting a kayak/canoe.
- Only 1 discount per person.

CRS Gold Cup Series \$2 n/a

Student \$2 n/a

Age 14 & under \$5 n/a

Subtotal\$	Donation\$	Total\$
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Send entry form and checks payable to:

Tower, Eco-Fit
P.O. Box 659
Michigan City, IN 46361

Waiver:

In consideration of this entry, I waive all claims for damages or stolen properties against the Eco-Fit Challenge Committee, Tower Incorporated, Trail Creek Watershed Committee, the producers of the EVP National Tour, the Michigan City Parks & Recreation Department, Michigan City Port Authority, 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 _____

Signature of Parent/Guardian _____ Date _____

(If Participant is under the age of 18)