

Michigan City Eco-Fit Challenge

Saturday, September 13, 2008



**TOWER
RUN**



**Ride the Wave
Regatta**



**Spike
to Sunset**

biathlon

crazy tri

Group / Corporate Challenge

Your group can earn bragging rights by competing in the Eco-Fit Group/Corporate Challenge. Rally your colleagues, friends and family to compete in 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. Participants can run 8K in the scenic Michigan City coastal region, paddle 16K on Lake Michigan, canoe or kayak the Trail Creek tributary, and/or play beach volleyball on the sands of one of the magnificent Great Lakes. Both experienced competitors as well as novice recreational participants are welcome.

Group Registration Instructions

Thank you, your participation will help us provide additional support and resources to our teachers and students. Group registration is free. Individual registration fees vary per race. Refer to website for complete details.

Step 1: Identify a group captain

Step 2: Choose a group name

Step 3: Mail the group registration form below or email the requested information to eco-fit@toweronline.org.

Step 4: Each group participant must individually register for a specific race and include your group name. Register online or download individual registration form our website and mail in.

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

Email to: eco-fit@toweronline.org
Website: www.toweronline.org/eco-fit

Group Awards

- 1st Place Overall, 1st Place 8K Run, Largest Group, Most Spirited Group, etc. (Check website for additional information)
- Points awarded for each participant in each registered race. Bonus points for participation in the Biathlon and Crazy Tri and for finish place in each individual sport.

Group Registration Form

Group Name: _____ Returning New

Group Captain: _____ Returning New

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Home Phone: _____ Work Phone: _____ Fax: _____

Choose the one category your group most closely represents.

- | | |
|---|-----------------------------------|
| <input type="radio"/> Corporation/Business | <input type="radio"/> Restaurant |
| <input type="radio"/> Family/Friends | <input type="radio"/> Retail |
| <input type="radio"/> Government Agency | <input type="radio"/> Salon |
| <input type="radio"/> Hospital | <input type="radio"/> School |
| <input type="radio"/> Non-profit Organization | <input type="radio"/> Sponsor |
| <input type="radio"/> Religious Organization | <input type="radio"/> Other _____ |

**Group registrations due
September 8, 2008!**

**Individual registrations due
September 10, 2008!**