



Kalamazoo Area Runners ***KAL-HAVEN 33.5 MILE TRAIL RUN***



Saturday March 29, 2008

Solo 8:00 A.M - Teams 9:00 A.M.

(Everyone is expected to finish by 3:00)

START

Kal-Haven Trail Head, North 10th Street, Kalamazoo, MI
(1.5 miles north of M-43, ¼ mile west of US 131)

FINISH

Kal-Haven Trail Head, Bailey Street, South Haven, MI
(2 miles north of M-43, west on Wells Street)

ENTRIES

There is a \$10.00 Fee PER PERSON - NO SHIRTS

Proceeds will support Girls on Track -A Program of Greater Kalamazoo Girls On The Run

- Categories:**
- A. Single runner to run the entire course**
Female record - 4:33:21 2005 Peggy Zeeb
Male record - 3:51:46 1996 Jim Maher *
 - B. Dual Team, Kalamazoo to Bloomingdale, Bloomindale to South Haven**
Female team record - 4:19:22 2007 Amanda Portis, Heidi Saunders
Male team record - 3:21:39 1996 Dan Black, Mike Martin *
Co-ed team record - 3:51:57 2007 Jennifer Shaffer, Martin Buffenbarger
 - C. 6 Person Teams with exchanges at the following locations:@**
 1. 10th St. to 6th St. - 3.9 miles
 2. 6th St. to Beehive Farm - 6.0 miles
 3. Beehive Farm to Bloomingdale - 7.7 miles
 4. Bloomingdale to Grand Junction - 5.9 miles
 5. Grand Junction to Kibbie - 6.5 miles
 6. Kibbie to South Haven - 3.6 miles
Female team record - 5:11:12 2005
Holly Stap, Ann Chappell, Melissa Hunter, Bonnie Stade, Martha Veldheer, Steph Reahm
Male team record - 3:04:57 1999
Sean Nixon, Trevor Darnell, Shawn Ford, Barry Deese, Matt Ames
Co-ed team record (minimum two females) - 3:22:01 2006
Bonnie Sexton, Gale Fischer, Dave Walch, Jon Willard, Jeff Domenico, Serene Goodpaster

* Due to changed termination point in South Haven old course was approximately .3 miles shorter.

@ On teams with fewer than 6 starters, the runners must complete the legs as determined the the 6 person format.

FINISH LINE

Refreshments and unique awards at 3:00 P.M. - or as soon as last participant has finished!

(All Runners Are Responsible for Their Transportation Back to Kalamazoo)



REGISTRATION

Send completed form (\$10.00 Fee Per Person) with check payable to:

Kalamazoo Area Runners

Terry Hutchins

6397 Killington

Kalamazoo, MI 49009

**All
Entries Due
by March 21,
2008!**

Additional donations to Girls on Track may be attached with registration. Please make payable to:

Greater Kalamazoo Girls On The Run



Kalamazoo Area Runners
KAL-HAVEN 33.5 MILE TRAIL RUN
 Saturday March 24, 2007
 Solo 8:00 A.M - Teams 9:00 A.M.



REGISTRATION AND ENTRY FORM

I/We are registering for the KAR Kal-Haven Trail Run. I/We understand that this is an endurance run that covers a long distance. I/We are fully trained and prepared to compete in and complete this run with the knowledge that I/we will have to provide much of my/our own support, including water and refreshments throughout the event, except as where provided by the Kalamazoo Area Runners. Therefore, in consideration of accepting this entry form, I/we, intending to be legally bound, hereby for myself/ourselves, my/our heirs, personal representatives and administrators waive and release all rights and claims for damages I/we may have against any KAR Kal-Haven Trail Run organizers, sponsors, the Kalamazoo Area Runners, or any of their representatives, successors and assigns for any and all injuries suffered by my/us as said run, or which may arise out of traveling to, participating in and returning from these events.

Team Name: _____
 (if applicable)

Sex	Last Name	First Name	City	State	Phone	Signature
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Sex	Last Name	First Name	City	State	Phone	Signature
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Sex	Last Name	First Name	City	State	Phone	Signature
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Sex	Last Name	First Name	City	State	Phone	Signature
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Please make a copy of this form for your records! All applicants MUST sign this form and submit it prior to the event. All entries are due by March 21, 2007!

Need additional information? Contact Terry Hutchins at (269)375-5316 or e-mail at tkhutchins@chartermi.net