

Date and Time:

Saturday, November 6, 2010
9:00a.m. - 5K and 9:10a.m. - 10K

Start Location (directions on back):

Coast Guard Park
18101 N. Shore Rd.
Ferrysburg, Michigan 49456

Registration:

Each participant should complete a separate registration form, but they can be returned together. Long-sleeve cotton T-shirts guaranteed for participants with early registration.

Register online at:

www.runnersedgeracetiming.com or
www.GoRaceGo.com

Online registration ends Oct. 28, 2010
Call: (616)844-5609 for more information
or visit: www.brawntobrains.com

Cost:

\$25.00 now – Oct. 28, 2010
\$30 Day of Race (Nov. 6, 2010)
Late registration - cash or check only.

Age Divisions:

both Male and Female; under 11, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and over

Scores:

The Brawn-to-Brains Trail Run will be scored by Runners Edge Race Timing.

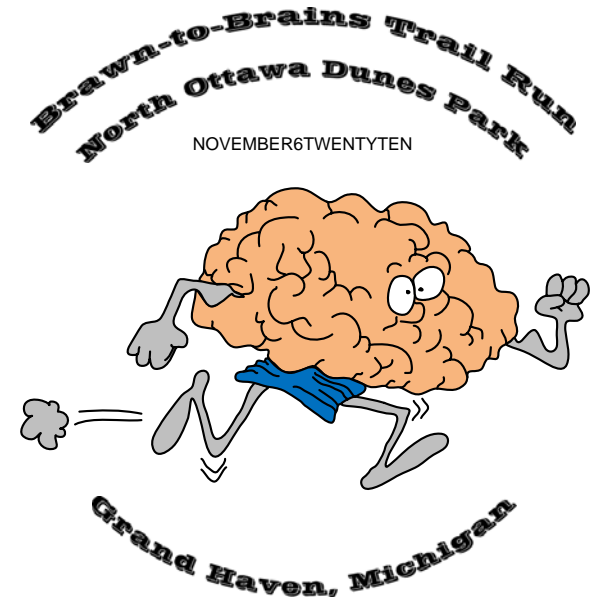
Packet pick-up/late registration will be held at:

Night before (Nov. 5th) 6p.m. – 8p.m.
Tri Cities YMCA
1 Y Drive
Grand Haven, Michigan 49417
and

Race day (Nov. 6th) starting at 7a.m.
Coast Guard Park

Brawn-to-Brains Trail Run
Mu Alpha Theta –
Grand Haven High School Chapter
17001 Ferris St.
Grand Haven, MI 49417

Grand Haven High School Chapter of Mu
Alpha Theta (Math club) presents.....



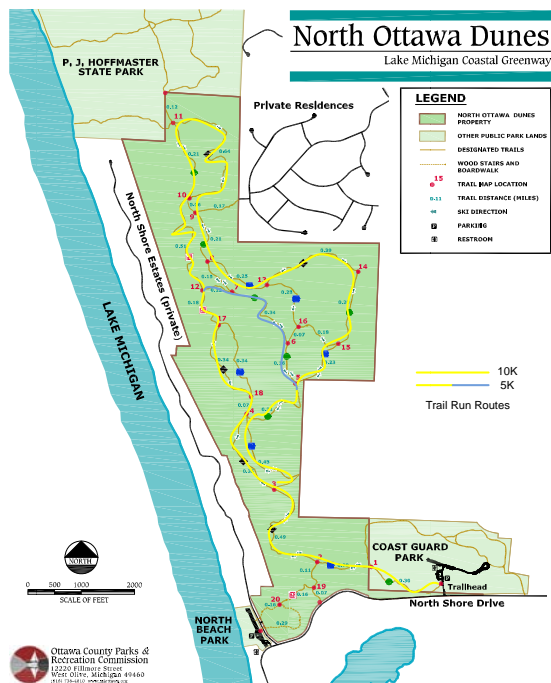
Benefiting Mu Alpha Theta Math club,
related activities and Ottawa County
Parks

Come run for the health of it, enjoy our local
parks and benefit your community.

Saturday, November 6, 2010 – 9a.m.

5K and 10K (approximate) trail runs

Coast Guard Park and North Ottawa Dunes



North Ottawa Dunes

On December 15, 2005, Ottawa County acquired the 500 acre North Ottawa Dunes property. Just off the Lake Michigan shoreline, between the Grand River and the southern boundary of P.J. Hoffmaster State Park, this tract is one of the largest wooded dune assemblages remaining in the central West Michigan area. The property is uniquely situated between state, county and city parks and is adjacent to township-owned undeveloped land.

This acquisition links P.J. Hoffmaster State Park, Ottawa County's North Beach Park, Ferrysburg's Coast Guard Park and undeveloped land owned by Spring Lake Township. The property features tremendous topography with an elevation change of 185 feet in the parabolic dune formations. Eight distinct dunes in the rugged landscape exceed 750 feet in height. The property varies in width from 900 feet to 4,200 feet and has a north to south reach of approximately 10,200 feet (1.93 miles.)

Today, this park offers 513 acres of wooded dunes located just off the Lake Michigan shoreline. Ten miles of hiking link North Ottawa Dunes to North Beach Park and P.J. Hoffmaster State Park. Some trails are designated for cross-country skiing.

Directions – 18101 N. Shore Rd., Ferrysburg, Michigan

North Ottawa Dunes is located in Spring Lake Township and the City of Ferrysburg. From US 31, take the Ferrysburg exit and go west on 3rd Street to North Shore Drive. Turn west on North Shore Drive and travel about 1 mile to the City of Ferrysburg's Coast Guard Park. Enter Coast Guard Park and look for the North Ottawa Dunes trail head.

2010 Brawn-to-Brains Entry Form

Today's Date _____ Birth Date _____ Age on Race Day _____

[] Male [] Female

First Name _____ Last Name _____

Street _____ City _____ State _____ Zip _____

Telephone (Area code first) _____

Email _____

Registration

[] 5K

[] 10K

[] Yes, I would like to make a contribution to Mu Alpha Theta – Grand Haven High School Chapter in the amount of \$ _____

Enclosed is my check for \$ _____ (Payable to Mu Alpha Theta)

Please circle appropriate shirt size:

Adult Size: S M L XL XXL

Waiver: I know that running/walking in a trail run is a potential hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event including but not limited to falls, contact with other participants, the effects of weather, traffic and the conditions of the trails, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of my accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Mu Alpha Theta, Ottawa County Parks, City of Ferrysburg, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I understand that the event director has the right to cancel this event in case of severe weather and that registration fees are non-refundable and non-transferable. This event has been reviewed for the physical activity content and has been endorsed by the Governor's Council on Physical Fitness, Health and Sports. This does not reflect endorsement of the sponsoring organization or the products used.

Participant's Signature _____

Signature of parent or guardian (if participant is under 18) _____

Please complete and return entry form(s) to:

Brawn-to-Brains Trail Run
16656 Pine Dunes Court
Grand Haven, Michigan 49417

Save time by registering online

www.runnersedgeracetiming.com or
www.GoRaceGo.com



Mu Alpha Theta is the National High School and Two-Year College Mathematics Honor Society with over 75,000 student members in more than 1,500 schools. We are dedicated to inspiring keen interest in mathematics, developing strong scholarship in the subject, and promoting the enjoyment of mathematics in high school and two-year college students.

Mu Alpha Theta achieves these goals by:

- Providing a method for schools to recognize and encourage those students who enjoy and excel in mathematics.
- Organizing a **National Convention** for teachers and students to participate in math-related events and interact with others from across the country.
- Rewarding outstanding extracurricular achievement by offering special **awards** to both students and their faculty advisors.
- Providing Mathematics Competitions to participating members at their own school through the **Log 1 Contest** and the **Rocket City Math League**.

A special thank you to the following sponsors for their support:

