

SANDHILL CRANE All Trail

1/2 Marathon & 10K

9:00AM EDT SAT, AUG 28, 2010

Dr. T.K. LAWLESS PARK

Vandalia, Michigan

The 3rd Annual Sandhill Crane Trail 1/2 Marathon and 10K will be conducted at the beautiful Dr. T.K. Lawless Park just east of Vandalia, Michigan. The all trail, non repeat course will wind its way through this rustic, forested 820 acre Cass County park, located 36 miles southwest of Kalamazoo, Michigan and about 40 miles northeast of South Bend, Indiana. The course is rolling to hilly and involves several wooden bridge crossings, small lakes, meandering streams and scenic sights, including, if you are lucky, Sandhill cranes. **Awards will be given to the top three finishers** in 15 age groups. **Colorful long sleeve t-shirts** will also be awarded to all finishers. **Walkers are also encouraged to enjoy this neat course.**

DIRECTIONS: ([Web Map](#)) [Dr. T. K. Lawless Park](#). 15122 Monkey Run Street, Vandalia, MI 49095 Located off M60 - (9 miles east of Cassopolis (3 miles past Vandalia) or 4 miles west of Jones or 13 miles west of Three Rivers), then south on Lewis Lake Road about one mile, left on Monkey Run, one mile to park entrance on left. The car park fee is included in your race fee.

More about Coach Ron Gunn events and hiking tours visit online at: CairnStoneAdventureTours.com

Did you know? – Lawless Park has: 7 miles of hiking, leisure biking & groomed ski trails, 10 miles of Mountain Bike trails, 2 ball fields, 1 soccer field, picnic areas, disk golf, fishing, camping and more.



ENTRY FEE* ENCLOSED

Circle one below

*\$20.00 Postmarked by Aug 21

*\$25.00 after Aug 21

*Race fee includes park entry

Make checks payable to:

Cairn Stone Adventure Tours
c/o Ron Gunn, Race Director
142 Conifer Trail
Dowagiac, MI 49047

Name _____

Address _____

City/ST/ZIP _____

Contact Phone No. _____

Email _____

Age _____ Gender (circle) M F T-shirt size: _____

Race (circle one) 1/2 Marathon 10k