



July 8th 2017
Buchert Park, Mantua
Race begins at 8 am

Run, Pedal and Paddle to support trails and watershed conservation!

Run: 2 miles on Headwaters Trail
Bike: 10 miles on rural roads to Camp Hi Canoe Livery
Paddle: 5 miles back to Mantua on the Cuyahoga River

Go solo or as part of a team:

2-person all-phase team: both run, bike and then canoe in one boat together

2-person relay team: one person runs, the other bikes, both canoe in one boat

Entry fee includes T-Shirt and refreshments.

Cost per person: \$49.00; Students (18 and under): \$29.00

Canoe rental: \$20.00; Kayak rental: \$10.00

Send registration form along with check or money order payable to Portage Park District Foundation, 705 Oakwood St. Suite 4 Ravenna, OH 44266. Packet Pick-up and Race Day registration begins 6:45 am at Buchert Park. For more information, contact Jill Grimm at grimmjill@yahoo.com.

Each team member must sign the release. Register early, boats are limited.

Name: _____

Name: _____

Team Name: _____

Team Name: _____

Address: _____

Address: _____

City: _____ State: _____ Zip: _____

City: _____ State: _____ Zip: _____

Phone: _____ Male Female

Phone: _____ Male Female

Email: _____ Age: _____

Email: _____ Age: _____

Registration/Rental Fee Enclosed: \$ _____

Registration/Rental Fee Enclosed: \$ _____

Kayak Rental Canoe Rental All Phase Team

Kayak Rental Canoe Rental All Phase Team

Solo Racer Relay Cybler Relay Runner

Solo Racer Relay Cybler Relay Runner

Adult T-shirt: Small Medium Large XL 2X

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I understand that participating in this race is a potentially hazardous activity, involving possible traffic on race route and natural hazards on the river. In consideration of acceptance of my entry, I hereby voluntarily assume all responsibility for the risks involved to me and my property and waive any and all claims of liability against the Portage Park District, Portage Park District Foundation, Village of Mantua, Portage County Sheriff, Camp Hi Canoe Livery and any other entities associated with this event along with their employees, agents, representatives, successors and assigns, either singly or collectively resulting from any injury, harm, loss or damage, misadventure or inconvenience suffered or sustained as a result of participating in the Headwaters Adventure Race or Fitness Walk and its associated activities. I give my permission for free use of my name and/or photograph for promotional and fundraising purposes. *Parental signature required if athlete is under age 18.*

Solo or Team member 1 Signature _____ Team member 2 Signature _____

Date: _____