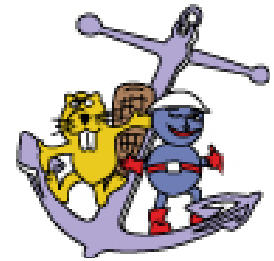


# Bay to Bay Road & Trail Run and Walk



Please join us for the 5th Annual Bay to Bay Road & Trail Run  
to be held Saturday, July 24th, 2010.

We're the premier 10K trail run on the North Shore. Over half the course is on the scenic and challenging Superior Hiking Trail between Silver Bay and Beaver Bay. Run or walk the Ridge with us!

Unique pins and T-shirts to all finishers, and trophies awarded in various age groups.

The race starts at 8:45 am at the Mary Mac Building in Silver Bay. Racers should go to the parking lot at the junction of the Beaver River and Highway 61 in Beaver Bay at about 8:00 am. A shuttle bus will take you to the race start and you can run/walk back to your vehicle.

To register, use the entry form below or send the info on a piece of paper along with your payment.

Entry forms also available at [www.silverbay.com](http://www.silverbay.com) - **Silver Beaver Bay Days** link. Contact Tom Clifford, Race Director, at 218-226-3813 with any questions.



The Bay to Bay Run is part of Silver-Beaver Bay Days and is sponsored by North Shore Federal Credit Union.

Name

Street Address

Address (cont.)

State/Province

Zip Code

Age

Gender

T-shirt Size

Med

Large

X-Large

Please fill in the blanks above and enclose with a check made payable to  
"Bay to Bay Run" in the amount of \$15.00 to:

Tom Clifford - Race Director  
5840 Highway 61  
Silver Bay MN 55614