

North Shore Bay to Bay Road & Trail Run/Walk



Please join us for the 14th Annual North Shore Bay to Bay Road & Trail Run to be held Saturday, July 13th, 2019.

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!

\$200 Cash Prize for Champion Runner - Double to \$400 with race time of 40 minutes or less!
Awards for Champion Runner, Champion Walker, Age Group Winner and Runner-Up.

The race starts at 8:45 am at the Rukavina Arena, 129 Outer Drive, Silver Bay. Racers should arrive at the starting line at least 30 minutes before the race to pick up race bibs and packet. Race bibs & packets can also be picked up Friday, July 12th, 2019, from 6:30-8:00 pm at the Rukavina Arena. Race day registration is still allowed but early registration is encouraged.

Before the race, you can park in Silver Bay or Beaver Bay. For people who park in Beaver Bay, a vehicle will take you to the starting line in Silver Bay *before* the race. For people who park in Silver Bay, a vehicle will take you from the finish line in Beaver Bay back to Silver Bay *after* the race.

To register, use the entry form below along with your payment.
Information is available at www.silverbay.com or www.facebook.com/BayDays.
Contact the Silver Bay Rec Department at 218-226-4214 with any questions.

Registration fee is \$25.00/Runners & \$20.00/Walkers with a T-shirt to all entrants registered by June 30, 2019. After June 30th, 2019, add \$10.00 to all registrations.



The North Shore Bay to Bay Run is part of Bay Days and is sponsored by North Shore Federal Credit Union and Bay Area Medical Clinic St. Luke's. It is managed by the Silver Bay Blue Line Club.



Name	<input type="text"/>	The North Shore Bay to Bay Road & Trail Run/Walk is proudly sponsored by: North Shore Federal Credit Union & Bay Area Medical Clinic St. Luke's							
Street Address	<input type="text"/>								
City	<input type="text"/>		State	<input type="text"/>	Zip	<input type="text"/>			
Email	<input type="text"/>		Phone	<input type="text"/>					
Age	<input type="text"/>		Gender	M	F	T-Shirt Size? Please Circle:	Small	Med	Large

Registration Fee:	Runners	Walkers
	<input type="checkbox"/> \$25.00	<input type="checkbox"/> \$20.00
	<input type="checkbox"/> \$35.00 After 6/30/19	<input type="checkbox"/> \$30.00 After 6/30/19



Please fill in the blanks above and enclose with the proper registration fee made payable to:
Silver Bay Blue Line Club
PO Box 147 - Silver Bay MN 55614

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