



# Lawton Euro-Trail 5k Challenge



Saturday, August 28, 2010, 8:30 am  
Lawton High School, Lawton, Michigan

We've combined the best of European-style cross country and trail running to give you one of the toughest courses in southwest Michigan. This low-key, throwback race includes straw bale jumps, log piles, gravel, narrow trails, tight turns, the "pit", and more hills than you care to count.

Registration Form Download: [www.lawtoncs.org](http://www.lawtoncs.org)  
Questions: [kbullock@lawtoncs.org](mailto:kbullock@lawtoncs.org) or 269-624-6643

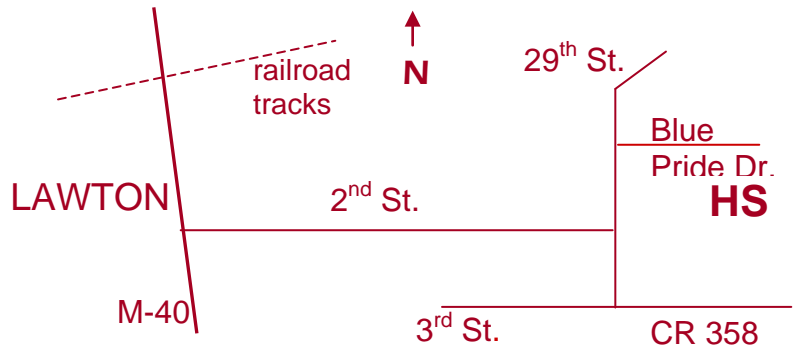
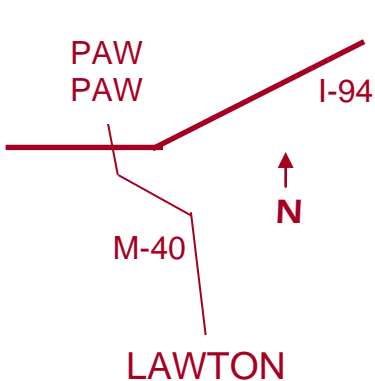
Cost: FREE for runners 18 and under on race day (must complete a signed entry form)  
all other ages: \$10 postmarked on/before July 31 (no shirt)  
\$25 postmarked on/before July 31 (includes a shirt)  
\$15 after July 31 (no shirt)

Start Time: 8:30 am, awards 9:15ish      Runners only. NO WALKERS, PLEASE!

Awards: \$50 sports gift certificate top M/F 19-39 and top M/F masters (40+)  
age division awards:  
1<sup>st</sup> & 2nd place awards: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55+  
1<sup>st</sup>-3<sup>rd</sup> medals: 6 and under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

Location: behind Lawton High School – 101 Blue Pride Drive, Lawton, MI.

Directions from I-94: Use exit 60 (Paw Paw/Lawton), 3 miles south on M-40 to Lawton. In Lawton, turn left (east) on 2<sup>nd</sup> Street (across from Big T's). Continue to the T by the cemetery and turn left (north) on 29<sup>th</sup> St. Take the first right, which is the high school drive, to the top of the hill. The course is located behind the old football field.



all proceeds benefit  
Lawton Community Schools  
running programs

endorsed by  
The Governor's Council  
on Physical Fitness, Health and Sports



