



July 14th 2012
 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 (Crooked) River



Go solo or as part of a team:

2-person all-phase team: both run, bike and 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: \$40.00; Students (18 and under): \$25.00

Canoe rental: \$15.00; Kayak rental: \$10.00

RAFFLE!
*Try your chance at a \$400 Gift Certificate to the
 Portage Cyclery, a full service bike shop.
 Tickets are \$1 ea. or 6 for \$5*

Send registration form along with check or money order payable to Headwaters Adventure Race, to Portage Park District Foundation, 705 Oakwood St. Suite 4 Ravenna, OH 44266. Packet Pick-up and Race Day registration (if available) begins at 6:45 am at Buchert Park. For more information, call Portage Park District at (330) 297-7728. Register online at www.portageparkdistrict.org *Each team member must sign the release. **Register early, boats are limited.**

Name: _____

Team Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Male Female

Email: _____ Age: _____

Registration/Rental Fee Enclosed: \$ _____ Raffle Tickets \$ _____

Kayak Rental: Canoe Rental:

Solo Racer Relay Cyclery Relay Runner

Adult T-shirt: Small Medium Large X-large 2X

Name: _____

Team Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Male Female

Email: _____ Age: _____

Registration/Rental Fee Enclosed: \$ _____ Raffle Tickets \$ _____

Kayak Rental: Canoe Rental:

Solo Racer Relay Cyclery Relay Runner

Adult T-shirt: Small Medium Large X-large 2X

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.*

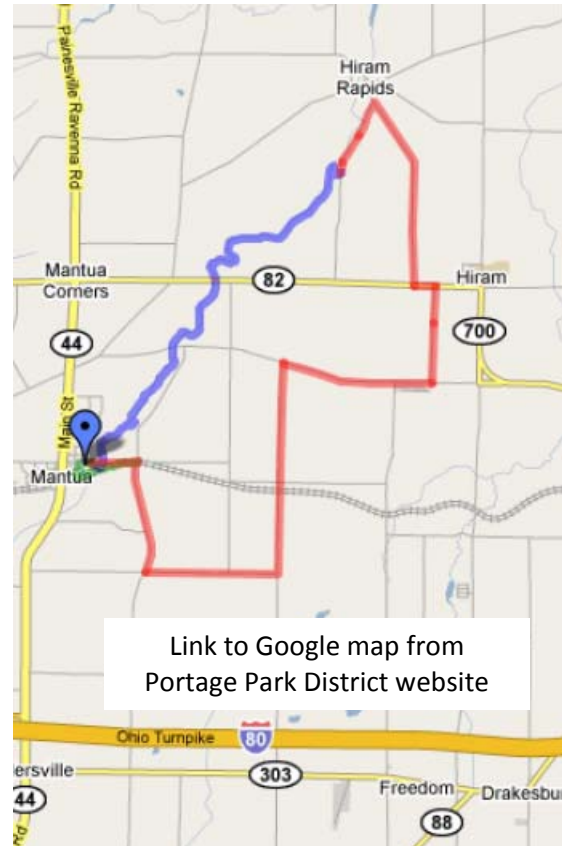
Solo or Team member 1 Signature _____ Team member 2 Signature _____

Date: _____ Date: _____

General Information

- Event home base at Buchert Park, Mantua Village (4808 E. High Street, 1/4 mile east of SR 44)
- Race Day packet pick up and registration at Buchert Park: 6:45 -7:45 a.m. Race starts 8:00
- There may be additional race adventures included along the way!
- **Safety:** Prior river canoe or kayak experience is mandatory. Bike helmets and personal flotation devices (life jackets) are required. Portage Park District reserves the right to change race route, postpone or cancel event in extreme weather or for other safety reasons. Registration fees are non-refundable and non-transferable.

1. Start at Buchert Park for 2 mile out and back run, (on-road and on Headwaters Trail). Headwaters Trail is a flat limestone paved hike and bike trail on the former Erie Lackawana railroad corridor. You'll cross the Cuyahoga River and pass Marsh Wetlands Nature Preserve, then return to Buchert Park.
2. Bike leg starts when the relay team runner returns to Buchert Park. Bikes must be parked in designated bike corral by 7:45 for solo racers. Non-cycling team runners must drive themselves to Camp Hi to meet their cycling partners—please avoid race roads. Cyclists will ride 10 miles through beautiful Portage County countryside in Mantua and Hiram Townships, crossing the watershed divide, between the Cuyahoga River Watershed (draining to Lake Erie) and the Mahoning River Watershed (draining to the Ohio River and eventually Gulf of Mexico). Rural roads may be rough in spots. You'll pass historic homes and conserved farms, forests and wetlands, with great vistas from some of the highest points in Portage County, finally reaching Camp Hi, where you'll meet your relay partner, if you have one. Bikes will be kept in bike corral at Camp Hi, under supervision of volunteers. Bikes must be picked up before 1:00.
3. Canoe/Kayak leg starts at Camp Hi Canoe Livery, 12274 Abbott Rd. Hiram (330) 569-7621; www.camphicanoe.com. If bringing your own boat, you must drop it off at Camp Hi Canoe Livery by 7:30 a.m. the day of the race (call Camp Hi for Friday drop-off or to make arrangements for overnight camping). All boats must be properly registered with the State of Ohio. The beautiful Upper Cuyahoga is a designated State Scenic River, (www.dnr.state.oh.us). You'll pass conserved forests and floodplain habitat, and see a diversity of plants and wildlife.
4. Finish at Buchert Park. Enjoy some post race refreshments. Shuttle back to Camp Hi will be provided. Stay for the day and enjoy Mantua's "Art on the Hill". www.mantuashalersvillechamber.com



One of three races on the Crooked River—prizes awarded for the top compiled times for all 3!

Awards: Top 3 Relay & All-Phase Teams
Top Overall Male & Female Solo Racers
First Place Male and Female Solo Racers in each age category

Divisions: Ages <19, 20-29, 30-39, 40-49, 50-59, 60+

For more information, contact the Portage Park District (330) 297-7728
www.portageparkdistrict.org