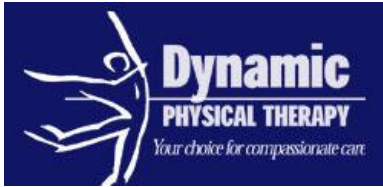


**Sponsors**



*Bill Donnelly Law Office*



P.O. Box 111  
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Questions?  
E-mail: [rlangton@workplacechaplains.us](mailto:rlangton@workplacechaplains.us) or  
Phone: Rich Langton @ 231-920-1732

W O R K P L A C E C H A P L A I N S U . S .

*Workplace Chaplains U.S.*

*Presents the*

# *Cadillac Festival of Races*

*5K Run/Walk  
10K Run  
Cadillac Adventure  
Triathlon*



*Labor Day  
September 1, 2008  
9:00 A.M.*

*Cadillac Memorial Stadium  
Cadillac, MI*

Cadillac Festival of Races  
Labor Day 2008

Race History and Information:

- 2008 marks the 36th running of the “Cadillac Labor Day 10K.” The longest continually held 10K race in Michigan. In the past the race has served as the State Championship race for the *Road Runners of America*, Michigan chapter.
- The 5K event was an original part of the race, was dropped, and then added back into the mix in 1999. It continues to be the race with the largest field. This event is popular for area cross country teams to test their runners against runners from around the state.
- 2003 saw the addition of the Cadillac Adventure Triathlon. This is a race made just for Cadillac. It showcases the areas awesome outdoor recreation opportunities and adds just enough competition to push you towards your best. It features the 5K run, a 16 mile bike on the White Pine Trail (portions unpaved), and a 2 mile kayak on beautiful Lake Cadillac.

During it's history the *Cadillac Festival of Races* has been privileged to host several All-State, All-American and U.S. Olympic athletes. We look forward to seeing you make this race an annual part of your holiday plans. Good Luck!

**ENTRY INFORMATION**

To Register simply fill out the attached form and mail it to the address at the bottom. **Pre-register before August 26, 2008.** Race day registration is from 7:00 - 8:30 A.M. at the Cadillac Junior High Gym. The first 350 entrants will receive an event tee-shirt. There will be no refunds in the event of severe weather.

**RACE DIVISIONS, AWARDS & RESULTS**

Awards will be given to the overall male and female winners in all three races. The top three male and female finishers in the following age categories will also receive an award:

14 & under   15 - 19   20 - 29   30 - 39  
40 - 49   50 - 59   60 & over

Official Results will appear in the Cadillac News and will be available at [www.3disciplines.com](http://www.3disciplines.com)

**KIDS FUN RUN**

This race lets everyone in on the fun! These age appropriate distances provide fun for the racers and great photo ops for parents and grandparents. All racers receive a runners bib and a “finishers medal.”

Race Distances:

Age 2 & under   -   25 meters  
Age 3 - 4   -   40 meters  
Age 5 - 6   -   60 meters  
Age 7 - 8   -   100 meters  
Age 9 - 10   -   400 meters

**WORKPLACE CHAPLAINS U.S.**

We are proud, along with this years race sponsors, to continue this wonderful community event.

For more information about our services:

[www.workplacechaplains.us](http://www.workplacechaplains.us)

Race Registration

**PRE-REGISTRATION ENDS 8/26/08**

Sign up for:	Price
<input type="checkbox"/> 5K Run/Walk - 9:00 A.M. Start	\$20.00 pre-registered \$25.00 race day
<input type="checkbox"/> 10K Run - 9:00 A.M. Start	\$20.00 pre-registered \$25.00 race day
<input type="checkbox"/> Cadillac Adventure Triathlon	\$40.00 pre-registered \$45.00 race day
<input type="checkbox"/> Kids Fun Run - 10:30 A.M. Start	\$5.00

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Age as of 9/3/08 \_\_\_\_\_ Sex (M/F) \_\_\_\_\_

I know that participating in a 5K run/walk, 10K run, or a Triathlon is a potentially hazardous activity. I certify that I am medically able and properly trained. I assume all risks associated with this event. I hereby release the organizers and sponsors from all liability claims of injury or damage. While participating in the Triathlon I agree to wear a bike helmet and a personal flotation device when appropriate.

Signature (If under 18, parent or guardian) \_\_\_\_\_

Make Check payable & mail entries to:

Workplace Chaplains U.S.

P.O. Box 111  
Cadillac, MI 49601

Questions?  
E-mail: [rlangton@workplacechaplains.us](mailto:rlangton@workplacechaplains.us) or  
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