



2010 Metro Trek Urban Adventure Race



Saturday, September 25

The Metro Trek is a sprint distance urban adventure race offering the best of both worlds: city, wild, roads, trails, land, sky. See Kalamazoo from the inside out. A great first-time urban adventure race with enough to satisfy the experienced racers as well. Estimated distances of each element:

Mountain bike: 25-35 miles

Run/Trek: 3-8 miles

Paddle: 2-4 miles

Fixed ropes: No certifications required

Orienteering: Wilderness navigation 3-5 miles with map and compass

(you will need to know how to shoot and read a bearing on a 7.5 minute USGS quad map)

Metrogaining: Urban navigation 3-5 miles

Surprise Elements: just to keep things interesting!

Divisions: 2 person: Male/Male, Female/Female, Co-ed

4 person: Co-ed

*NEW 2 person: Elite

Cost: \$110/person, \$140/person Elite, includes \$10 donation to Kalamazoo River Valley Trailway

Race fees are non-refundable, not transferable.

Awards: Fantastic awards given to the top three teams in each division and \$1000 cash prize to the winner of the Elite division; cool give-aways at the post-race party.

2010 Metro Mini urban adventure race for kids!

Metro Mini features treasure hunt-style navigation, a bike orienteering course and fun surprises. 2 person teams for kids ages 6 to 14. Race will be one - two hours. Shirts, prizes, snacks and a memorable introduction to a great sport!

Friday, September 24, 5:00 pm, Bronson Park

Download registration form at gazellesports.com:

registration is open and closes September 24.



Race Schedule: Saturday, September 25, Mayor's Riverfront Park, Kalamazoo

6:00 am Team registration/packet pick-up

7:00 am Pre-race meeting

8:00 am Metro Trek start

6:00 pm Metro Trek finish line closes, Awards ceremony to follow

8:00 pm Metro Trek post-race party (Location TBA)

Gear list, race rules and updates at gazellesports.com. Check regularly!



Metro Trek Registration Form

Mailed registrations must be postmarked by September 14, 2010.

Online Registration is open at gazellesports.com and closes **September 24** or when 175 participants register, whichever comes first. Return with payment to *Gazelle Sports, 214 S Kalamazoo Mall, Kalamazoo, MI 49007*

Team name _____ Division 4 person co-ed 2 person co-ed
 2 person male 2 person female

Team captain name _____ Phone _____

Street address _____ City, State, Zip _____

Email address _____ Birthdate _____ Male Female

Shirt size women's S women's M women's L women's XL men's M men's L men's XL

Emergency contact _____ Phone _____

Name _____ Phone _____

Street address _____ City, State, Zip _____

Email address _____ Birthdate _____ Male Female

Shirt size women's S women's M women's L women's XL men's M men's L men's XL

Emergency contact _____ Phone _____

Name _____ Phone _____

Street address _____ City, State, Zip _____

Email address _____ Birthdate _____ Male Female

Shirt size women's S women's M women's L women's XL men's M men's L men's XL

Emergency contact _____ Phone _____

Name _____ Phone _____

Street address _____ City, State, Zip _____

Email address _____ Birthdate _____ Male Female

Shirt size women's S women's M women's L women's XL men's M men's L men's XL

Emergency contact _____ Phone _____

2010 Metro Trek entry fee \$110/person x _____ \$ _____
 \$140/person x _____ \$ _____
 TOTAL \$ _____

Payment type

cash check (*payable to: Gazelle Sports*)
 Visa Mastercard Discover American Express

For payment by credit card:

16 digit card number _____ Expiration date _____

Cardholder signature _____

