**The AuSable Lake Quad**

***4 events to challenge your body & mind!***

**Friday July 4th**

**Check-in: 8:00 AM Start Time: 8:30 AM**

**Starting point: AuSable Lake DNR Boat Launch**

***Have someone drop you off as there is limited parking.***

**Entry Fee: $35 includes t-shirt**

**Pre-register by June 22. Walk ins welcome but t-shirt not guaranteed.**

**First event:** 4.8 mile run from Boat Launch to Long Lake Bar Parking Lot and back

OR Approx. 3 mile walk down Sumac Trail, Allcott Drive and Duggan Drive

**Second event:** cycling from Boat Launch around Long Lake and back to AuSable Lake Boat Launch approximately 11 miles

**Third event:** kayak from Boat Launch approximately 3 miles

**Fourth event:** Cross training

**Proceeds to benefit the AuSable Lake Fishing Fund**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age\_\_\_\_\_\_ M or F

E-mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Unisex T-shirt size. S M L XL

Questions:

Brent Edgerton at [Brentedgerton@hotmail.com](mailto:Brentedgerton@hotmail.com) 810-434-3005

Send pre-registration to: Julie Oakley [jaoakley5@gmail.com](mailto:jaoakley5@gmail.com) or picture text to 317-627-8867. Send $35 per registration to Venmo @Julie-Oakley or Zelle 317-627-8867 or mail to Julie Oakley 5161 Sumac Trail. Lupton, MI 48635