

# Stardaze 5K at Cane Creek State Park

9:00 a.m. April 21, 2018



From the Start at Pavilion #1 the runners run up the water line cross the street onto Gray Fox Road, then make a left onto the Cane Creek Lake Trail. Follow the Yellow Arrows posted on the trail. When you come out of the trail, take a right onto the gravel road and follow it all the way to the houses. Follow the mowed path into the Delta View trail and follow the Yellow marked trees all the way around and back to Pavilion #1 for the Finish!

Most of the 5K course is on the Delta View Trail, which features beautiful scenic views of the lake and surrounding hilly forest. Trail running offers a challenge unparalleled on paved surfaces. The trail is moderately difficult, with a few short, steep climbs and rough terrain. The Delta View Trail is blazed with yellow paint, and there will be volunteers to help direct race participants. Aid stations offer water and access to emergency medical attention. Friends and family of race participants will have several chances to photograph and cheer on the runners as they loop around on State Park Road just before the finish. All race participants will receive a t-shirt.

**Youth (17 & under) \$20 registration**

**Adults: \$25 registration**

For more info, contact Cane Creek State Park at (870) 628-4714. To register, print a registration form from [www. StardazeFestival.com](http://www.StardazeFestival.com). Mail the completed form with a check for entry fee to:

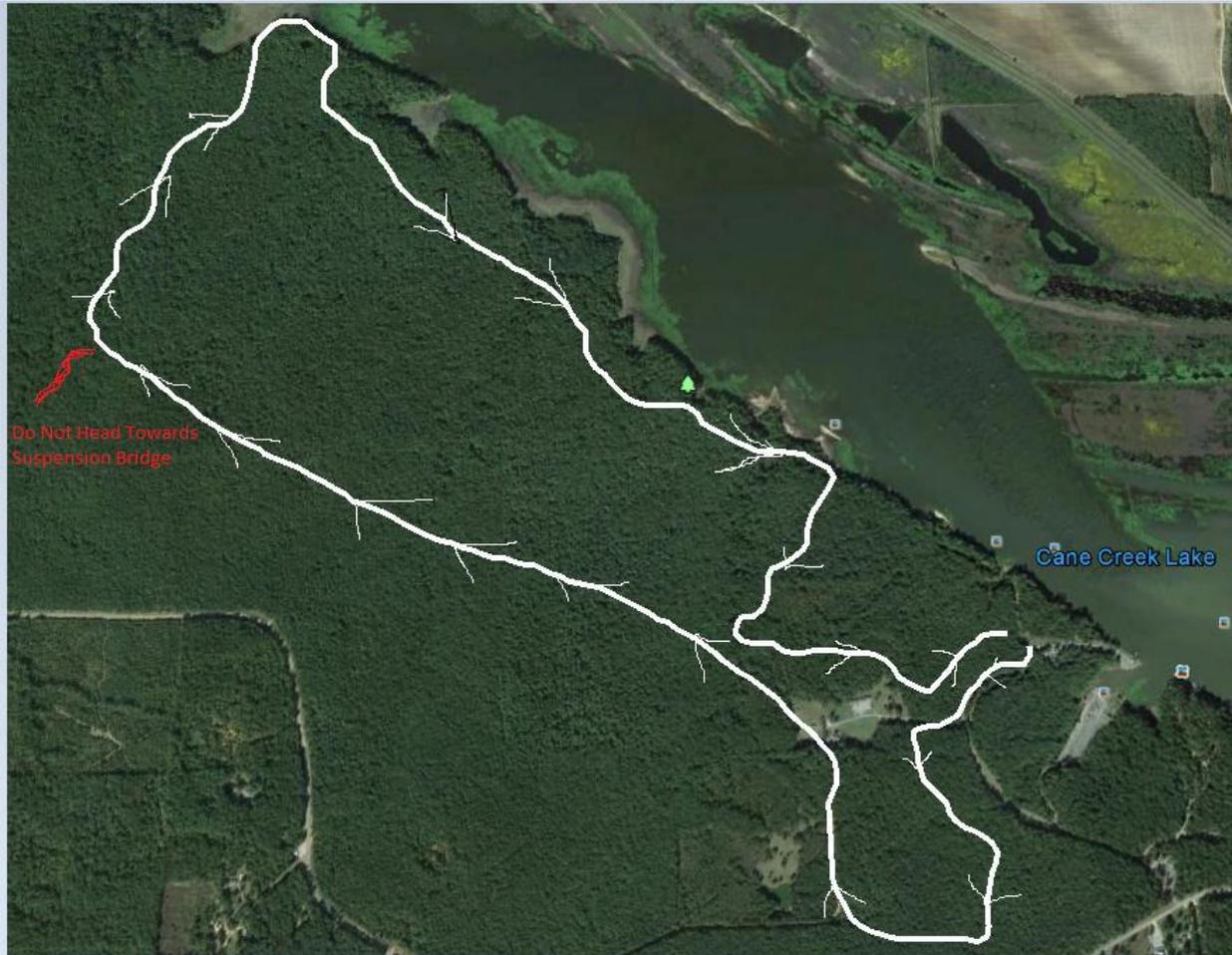
Cane Creek State Park

50 State Park Rd.

Star City, AR 71667

**Checks should be made out to Stardaze Festival, *not* Cane Creek State Park.**

## Stardaze 10K at Cane Creek State Park



9:00 a.m. April 21, 2018

From the Start at Pavilion #1 the runners run up the water line cross the street onto Gray Fox Road, then make a left onto the Cane Creek Lake Trail. Follow the Yellow Arrows posted on the trail. When you come out of the trail, take a right onto the gravel road and follow it all the way to the houses. Follow the mowed path into the Delta View trail and follow the Yellow marked trees to the Timberland Cut-Off Trail (White marked trees) follow these white marked trees all the way to the Cane Creek Lake Trail and stay to the right on the red marked trees. Do not head towards the Suspension Bridge. Follow the red trees all the way around and back to Pavilion #1 for the Finish!

The 10K loop offers fantastic views of Cane Creek Lake and touches all three of Cane Creek State Parks trails. You will encounter trees marked in yellow, white, and red, so please familiarize yourself with the course prior to the race. Aid stations offer water and access to emergency medical attention. Friends and family of race participants will have several chances to photograph and cheer on the runners as they loop around on State Park Road just before the finish. All race participants will receive a t-shirt.

**Youth (17 & under) \$20 registration**

**Adults: \$25 registration**

For more info, contact Cane Creek State Park at (870) 628-4714. To register, print a registration form from [www. StardazeFestival.com](http://www.StardazeFestival.com). Mail the completed form with a check for entry fee to:

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# Stardaze 5/10K Entry Form

April 21, 2018 9:00 a.m.

Name(1 form per person)

Last: \_\_\_\_\_ First: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Age on 4/21/2018: Sex: M F Race: 5K 10K

Shirt Size: S M L XL 1 mile fun run

**Youth (17 & under) \$20 registration**

**Adults: \$25 registration**

Total amount paid: \_\_\_\_\_

Youth Division 12-17

Adult Divisions 18-29 30-39 40-49 50-49 60+

1. How did you hear about this race?

\_\_\_\_\_

2. Is this your 1st event? Yes No

3. Is this your first trail run? Yes No

4. Are you experienced running on road or trail? \_\_\_\_\_

## Statement of Understanding/Medical Info

I am aware in signing this statement for participation in the Stardaze 5K that certain activities are physically demanding. Therefore, physical fitness will increase your enjoyment and ability for participation in the activity. While it is impossible to foresee all possible dangers, some include: slipping or falling on the trail, bumps, cuts, insect bites, poison ivy, sprains, fractures, and other injuries. Please note that most activities are conducted out-of-doors in all kinds of weather so proper dress (rain gear, warm clothing) are essential to avoid exposure to the elements. The race officials will take every reasonable precaution to minimize exposure to known risks. However, as a participant, you acknowledge the nature of the activity and the fact that not all of the stresses and hazards that come with the activity can be foreseen. You have the personal responsibility to follow the established safety rules and procedures to the extent that you participate in such activities. If at any time you have questions about the activity, you have the responsibility to consult with race officials.

In case of inclement weather the race officials reserve the right to alter/modify the race course or cancel the event for safety concerns.

I recognize there is a significant element of risk in any adventure, sport, or activity associated with the outdoors. Knowing the inherent risks, dangers, and rigors involved in the activities. I certify that my family and I, including any minor children, are fully capable of participating in the activities.

Having read this waiver and knowing the facts, and in consideration of our accepting my entry, I, for myself and anyone entitled to act on my behalf, waive, and release Cane Creek State Park and all sponsors from any liability.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent's signature (if under 18): \_\_\_\_\_

Date: \_\_\_\_\_