

ZOY: The relapse! it IS back.

WHAT? A foot race or walk sampling all the terrain of the awe-inspiring Warren Dunes property, some of it twice. We don't know how long it is—somewhere between 10,000 and 15,000 meters. The property manager of the park said our ideas seemed "reasonable and doable." We don't know if the man is a runner, but we suspect you will find some of it doable. On the other hand we will be disappointed if you don't find it, on the whole, to be totally unreasonable. *Last Race of the XYZ Trail Series 08*

WHERE? Warren Dunes State Park, Sawyer Michigan.

- From the South: exit I-94 at #12, Sawyer Rd. West to Red Arrow Highway North.
- From the North: exit I-94 at # 16 and take Red Arrow Highway South.
- From the East...Mapquest?
- From the West: boat, wet suit or a survival suit.
(available from the coast guard in St Joe)

WHEN?

Sunday, November 23rd 10AM MICHIGAN time 9AM INDIANA time

WHY? Because.

AGE GROUPS? -10, 10-11, 12-13, 14-15, 16-18, 19-24, 25-29, 30-34, 35-39, 40-44,, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-99, 100+

COST? \$15 pre-registered if post marked by Nov. 15th. \$20 day of race.

If XYZ Trail Series participant \$13 for pre-registered only

Michigan law requires a season MI State Park pass
or \$8 out-of-state/\$6 MI day pass.

You will have to show a pass or pay when you enter the park.

QUESTIONS? Al Mussman 219-762-5680

rammussman@verizon.net

FRILLS? None. Our formula for high fun is no frills. There are very few, if any, facilities—certainly no running water. Make a pit stop before you get to the property. If you wanna eat or drink something, bring it. There will probably be no course monitors, except for yourselves. Perhaps the course will be

well-marked. There will be some kind of awards, and recognition, and shirts for the first 100 entered. But if you are looking for tangible rewards, we recommend another activity for that day. We echo the co-founder of the original ZOY Run, Brian. Twenty years ago regarding the first Indiana Dunes event, he said something like this: "We ain't looking' for no wimpy, whiny, crème-filled, cupcake participants." For info on the XYZ Trail Series see <http://mysite.verizon.net/xyztrailseries> Be a person! Do 7 of the 11 races.

It's a 33-67 mile competitively scored, politically incorrect, no frills thing.

Last Name: _____ First Name: _____ Gender ____ Age: _____

Address: _____

Ph: _____ Email: _____ Shirt: S M L XL

Make checks for \$15 payable to "Zoy" and postmark by Nov.15 to Al Mussman, 37 Beach Lane, Ogden Dunes IN 46368. Or bring \$20.00 for day-of registration. **XYZ Trail Series:** Y / N If Y, deduct \$2 for pre-registered entry only.

Waiver: This ZOY stuff is dangerous business. As a no frills race, there may be no course monitors and the course will probably be poorly marked. I realize my participation in this event may directly or indirectly lead to my personal disease disfigurement, dismemberment, discombobulation, disassociation, disillusionment, disembowelment and/or disembarkment from life as I know it. It could kill or maim me. I will blame no one including the sponsors, organizers, benefactors, property owners, or anyone associated in any way with this event except myself for anything that happens. I alone accept all the emotional, physical, financial, and spiritual costs and benefits that derive from my participation herein.

Signature: _____ Date: _____

Parent/Guardian in under 18: _____ Date: _____