



October 4th, 2025

The 18th Annual Grand Traverse is a fully supported hike/run along the Superior Hiking trail in Duluth, MN. The Grand Traverse offers four challenging distances to choose from.

Print Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Home Address: \_\_\_\_\_ City/State/ Zip \_\_\_\_\_

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

Emergency Contact Name and Phone #: \_\_\_\_\_

Distance, circle one: 27 miles   21 miles   17 miles   10 miles

Which activity? check one: Hiking \_\_\_\_ Hiking/Running \_\_\_\_ Running \_\_\_\_

Technical T-shirt Size, circle one: XS   S   M   L   XL   XXL

Men's or Women's cut, circle one: Men's   Women's

Assumption of Risk Release: I hereby release the sponsors, organizer, and any person officially connected with the Grand Traverse event, from all liability for any injury, death or damages. The risks include, among other things: hiking/running, the hazards of walking/running on uneven terrain and slips and falls; the forces of nature, including lightning and rapid weather changes; the risk of exposure to insect bites; the risk of cold including hypothermia; my own physical condition, and the physical exertion associated with this activity.

**Entry Fee:**

27 mile and 21: \$85  
17 and 10 mile: \$65

Midnight Sun Events  
P.O. Box 3315  
Duluth, MN 55803

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

Registration Deadline:  
September 20th, 2025

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

Parental Signature: \_\_\_\_\_  
(Parental signature required if participant is under 18 years old.)

I understand that this entry is non-refundable or exchangeable.

Thank you for registering for the 2025 Grand Traverse. Please check the website: [www.grandtraverseduluth.com](http://www.grandtraverseduluth.com) for the latest news and participant information. A participation packet will be emailed to the email address supplied.