

Eagle River Memorial Hospital
M&I Banks
Fitness Event Sponsors

American Heart Association
to benefit the

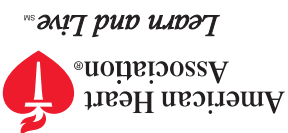
**A FESTIVAL OF FOOD,
FUN & FITNESS
WALK • RUN • BICYCLE**

**Oct. 4 & 5, 2008
Eagle River, Wis.
Vilas Co. Fairgrounds**

Fitness Weekend



29th Annual



**◆ Fitness Weekend ◆
SCHEDULED EVENTS**



Friday, Oct. 3

- ◆ Cranberry Marsh & Winery Tours, Eagle River Visitor's Center
- ◆ Early Bird Fitness Registration
Vilas County Fairgrounds, 5:00-7:00 pm

Saturday, Oct. 4

- ◆ First National Bank's Cranberry Fest Dance
Eagle Waters Resort, 8:00-11:00 pm
- ◆ ERMH Fitness Fun Run, Fairgrounds, 8:30 am
- ◆ M&I Cranberry Fitness Walk, Fairgrounds, 10 am
- ◆ Bake Sale, Fairgrounds, 9 am-4 pm
- ◆ Arts & Crafts Fair, Fairgrounds, 9 am-4 pm
- ◆ Open Air Antique Market, Downtown Eagle River, 9 am-4 pm
- ◆ Cranberry Marsh & Winery Tours, Eagle River Visitor's Center
- ◆ Food and Entertainment, Downtown Eagle River
- ◆ Make-A-Wish Foundation, World's Largest
Cranberry Cheesecake
- ◆ Live Entertainment, Fairgrounds
- ◆ Fresh Local Cranberry Sales & Flavored Craisin Sales
- ◆ Cranberry Cook-Off, Winners Announced
- ◆ Bog Bridge Championship Event, Masonic Lodge
- ◆ Library Used Book Sale and Cranberry Video Showing,
203 N. Main St., 9 am-2 pm
- ◆ Try Cranberry Beer and Soda
- ◆ Lake Country Weavers and Fiber Artist Show & Sale,
First Congregational Church, 10 am-4 pm
- ◆ First Congregational Church Luncheon, 11 am-2 pm
- ◆ Flea Market, Derby Track, 8 am-4 pm
- ◆ Nordmarka X-Country Ski Club, Spaghetti Dinner
at 4:30-8:30 pm, Eagle River Inn
- ◆ Free Parking at Derby Track

Sunday, Oct. 5

- ◆ Eagle River Memorial Hospital Fitness Bike Tour,
Fairgrounds, 10:30 am
- ◆ Cranberry Marsh & Winery Tours,
Eagle River Visitor's Center
- ◆ Bake Sale, Fairgrounds
- ◆ Try Cranberry Beer and Soda
- ◆ Fresh Local Cranberry Sales & Flavored Craisin Sales
- ◆ Live Entertainment, Fairgrounds
- ◆ Arts & Crafts Auction, 11:30 am, Fairgrounds
- ◆ Arts & Crafts, Vilas County Fairgrounds, 9 am-3 pm
- ◆ Flea Market, Derby Track, 8 am-3 pm
- ◆ Open Air Antique Market, Downtown Eagle River, 9 am-4 pm

P.O. Box 1917
Eagle River, WI 54521
Address Service Requested



29th Annual

Marsh & Winery Tour Bus Reservations
Lodging & General Information
800-359-6315 or 715-479-6400
www.eagleriver.org
e-mail: info@eagleriver.org

great times come with the territory.



Thursday thru Sunday (Oct. 2-5)
\$6-Adult • \$4-Children 12 & Under
Times to be announced
Bus leaves from Eagle River Visitor's Center
Reservations appreciated. Call 800-359-6315.



**◆ Cranberry ◆
MARSH & WINERY TOUR**

A wide variety of foods including...
Cranberry Fritters • Gourmet Cranberry Meatballs &
Soups • Cakes • Strudels • Cheesecakes •
Funnel Cakes • Hot Cranberry Drink • Cranberry
Soda, Beer & Wine Products • Fresh Cranberries
Flavored Craisins • Hot Food Items Served by Area
Service Organizations



**◆ Cranberry ◆
FOOD ITEMS & BAKE SALE**

**First National Bank's "Kick-off"
to Cranberry Fest**

Presenting the "Old Lager Orchestra"
Hors d'oeuvres, Cash Bar, Dancing
Saturday, Oct. 4, Eagle Waters Resort
8:00-11:00 pm
715-479-4406 (Neil Roberts)

Arts & Crafts Fair

Saturday & Sunday, Oct. 4 & 5
Vilas County Fairgrounds
9 am-4 pm (Sat.), 9 am-3 pm (Sun.)
715-479-6400

Open Air Antique Market

Saturday & Sunday, Oct. 4 & 5
Downtown Eagle River, 9 am-4 pm
715-526-9769

**Lake Country Weaver and Fiber Artist
Show & Sale**

Saturday, Oct. 4, 10 am-4 pm
First Congregational Church, 105 N. First St.
715-547-3881

TAKE THE FREE SHUTTLE!

SATURDAY, OCT. 4, 9:00 am - 5:00 pm

SUNDAY, OCT. 5, 10:00 am - 2:00 pm

Bus service available to:

Downtown Eagle River

Olson Memorial Library

First Congregational Church

Cranberry Fest Grounds

Derby Track

Eagle River Visitor's Center

Bog Bridge Championship Event

Saturday, Oct. 4, 1 & 6 pm
Supper between events
Masonic Lodge
715-479-7235 (after 5 pm)
ACBL Sanctioned - proceeds toward a
scholarship for a graduating senior

World's Largest Cranberry Cheesecake

Saturday, Oct. 4, Fairgrounds
To Benefit the Make-A-Wish Foundation

Walk, Run, Bicycle Events

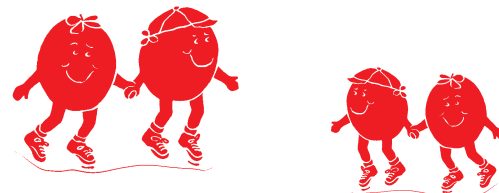
To Benefit the American Heart Association
REGISTRATION FORM IN THIS BROCHURE

Cranberry Fest Cook-Off

Sponsored by The Eagle River Area Chamber of Commerce
Cranberry Entries in Several Categories
Judging Sept. 27
Entry Form & Information: 715-479-6400

Flea Market

Saturday, October 4, 9 am-4 pm
Sunday, October 5, 9 am-3 pm
Eagle River Derby Track
715-479-4424



See the
"Eagle River Cranberry People"
throughout the Festival.

Eagle River Cranberry Fest
sponsored by
Eagle River Area
Chamber of Commerce
& Visitors Center



HOWARD YOUNG HEALTH CARE INC.

CRANBERRY FUN RUN



Saturday, Oct. 4, 2008

Vilas County Fairgrounds
Register 7:45-8:15 am
Start 8:30 am

5-K Fun Run

- ◆ Food station at finish
- ◆ 9th annual run for fun
- ◆ Paved roads
- ◆ "Flat & Fast" course

M&I BANKS

CRANBERRY WALK



Saturday, Oct. 4, 2008

Vilas County Fairgrounds
Register 8-9:45 am
Start: 10 am

2-Mile Walk

- ◆ One rest/food station on course
- ◆ Pontoon water crossing
- ◆ Great for strollers/children

4-Mile Walk

- ◆ One rest/food station on course
- ◆ Pontoon water crossing

8-Mile Walk

- ◆ One rest/food station on course
- ◆ Pontoon water crossing

EAGLE RIVER MEMORIAL HOSPITAL

CRANBERRY BIKE TOUR



Sunday, Oct. 5, 2008

Vilas County Fairgrounds
Register 9-10:15 am. Start 10:30 am

8-Mile Bike Tour

- ◆ Food station at finish
- ◆ Map & cue sheets

13-Mile Bike Tour

- ◆ Food station at finish
- ◆ Map & cue sheets
- ◆ Support vehicle on course

26-Mile Bike Tour

- ◆ Rest/food station on course and at finish
- ◆ Support vehicles on course
- ◆ Escort through town
- ◆ Map & cue sheets

For more information on all 3 events
call the Eagle River Chamber of Commerce
1-800-359-6315 or the Eagle River Memorial
Hospital Community Services **715-479-0230**

American Heart Association



Learn and Live

We're moving closer every day to winning the fight against heart disease and stroke.

By advancing groundbreaking research and widespread education, we're giving all Americans the knowledge and power to take steps to live longer, healthier lives.

Let us help you protect your family!
Take our online "Live and Learn Quiz"
at americanheart.org
or call 1-888-AHA-CARES for a copy by mail.

◆ Fitness Weekend ◆

HIGHLIGHTS



- ◆ Great pledge prizes for all Fitness Events
- ◆ One specially designed, quality Cranberry Weekend T-shirt for all three events
- ◆ Rest stops famous for cranberry baked goods
- ◆ Well-marked routes and friendly volunteers
- ◆ A complete registration packet loaded with Cranberry Fest and local information
- ◆ Sunshine on order. However, rain or shine, a sincere promise for an exceptional Cranberry Weekend
- ◆ Scenic vistas and beautiful fall colors

SPONSORS



- ◆ M&I Banks - Walk
- ◆ Eagle River Memorial Hospital - Bike Tour and Fun Run

ORGANIZERS



Walk

Eagle River Jaycees

Fun Run

Eagle River Memorial Hospital Physical Medicine and Rehabilitation

Bike Tour

Northwoods Bicycle Society

◆ Cranberry Fitness Weekend ◆

REGISTRATION FORM

ONLY ONE registrant per form - PRINT CLEARLY - This form may be photocopied.

Last Name _____

First Name _____

Mailing Address _____

City _____

State/Zip _____

Day Phone (____) _____

Evening Phone (____) _____

Fitness Weekend Special Design T-Shirt

T-Shirt Size (Adult Sizes)

Bags will be pre-packed to assure your size

- Small Medium Large X-Large XX-Large

Please check age bracket

- Under 21 21 - 39 40 - 55 56 & Over

Registration Fee Schedule

1 Event \$15 • 2 Events \$20 • 3 Events \$25

- Walk Run Bicycle Tour

FREE REGISTRATION

with at least \$50 in pledges for 1 event,
\$75 for 2 events, or \$100 for 3 events

- I can't participate, but enclosed is my donation
of \$_____ to fight heart disease & stroke.

Total amount enclosed \$_____

Please make check payable to
AMERICAN HEART ASSOCIATION

Mail to:

Christine Caz
Cranberry Fitness Weekend
201 Hospital Rd.
Eagle River, WI 54521

EARLY BIRD REGISTRATION PACKET PICK-UP All Events

Friday, Oct. 3, 2008
5:00 to 7:00 pm

Vilas County Fairgrounds
2 blocks west of Downtown Eagle River
on Hwy 70 W

◆ ◆ ◆ ◆ ◆ Consider Yourself Challenged!

Raise Pledges & Win Prizes

- \$50 Water Bottle
- \$100 \$50 Savings Bond
- \$250 \$75 Savings Bond
- \$500 \$100 Savings Bond
- \$1000 \$300 Savings Bond

I will collect pledges for \$_____ amount.

For more information, call Eagle River
Memorial Hospital Community Services
Department at 715-479-0230.

Only one pledge prize per person will be
awarded. Choice of prize determined by
total pledge dollars collected.

Make pledge check payable to the
American Heart Association. Bring pledge
money to the weekend registration or
mail to Cranberry Fitness Weekend, 201
Hospital Rd., Eagle River, WI 54521 by
Oct. 30, 2008 to be eligible for prizes.

SPECIAL BONUS - Everyone who brings
all their pledges in on the day of the event
will receive a special prize!

IMPORTANT WAIVER • ALL EVENTS Bike, Walk & Run

Entry and release of all claims: In consideration of the acceptance of my entry in the 2008 Cranberry Fitness Weekend on Oct. 4 & 5, I release and hold harmless the American Heart Association, the officers, directors, staff, volunteers and members of the American Heart Association, the city of Eagle River and Vilas County and their respective employees and agents, sponsors: the Eagle River Chamber of Commerce, M&I Banks, Eagle River Memorial Hospital, Howard Young Health Care and any other entities and individuals who are in any way connected with this event (including volunteers assisting with the event) from any liability or claims of injury or illness that I sustain during any participation in this event or that is in any way related to this event. I understand that this release applies to me and to my personal representatives, heirs and assigns. I represent that I have adequately trained to participate in this event, recognize that risks of injury accompany such participation and acknowledge that this release is being relied upon by the above persons in permitting me to participate. I accept and assume all risks associated with participation in this event and agree to practice road safety. I realize that road, weather, and traffic conditions may make bicycling, running and walking hazardous. I am sufficiently competent to handle such conditions found in the planned course. My bicycle is in safe operating condition and I understand that wearing a helmet can greatly reduce the chance of head injury and wearing helmets is encouraged on this ride. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose. I represent that I am of lawful age and legally competent to execute this statement and that before signing it, I have read and understand its contents.

Signature _____

Date _____

Signature of parent or legal guardian
(if entrant is under 18 years of age)

**We recommend
wearing a helmet
for the bicycle event.**