

# Neighbor to Neighbor and the CCRC

Present the 7<sup>th</sup> annual

# SPIRAL DRIVE RUN

SATURDAY, May 10, 2008 – 9:30AM \* SALIDA, COLORADO



## COURSE

A challenging out and back (up and down!) 4 mile run on unpaved dirt/gravel/rocky road. ~ 500+ foot elevation gain during a lung searing, 2 mile ascent, followed by a 2 mile descent via the same route. All at elevations just above 7000'. One aid station (water) at top.

## START/FINISH

Across the river bridge from Riverside Park (F and Sackett Streets) in downtown Salida, at the base of Tenderfoot ("S") Mtn.

## REGISTRATION

**\$12** if postmarked before Sunday, May 4th. **\$15** May 4<sup>th</sup>-9<sup>th</sup>. RACE DAY Registration will be **\$20 till 9:00 a.m.**

Registration limited to 300 runners.

Discounted registration for CCRC members: \$3 off above fees

## NUMBER PICK UP

Get your number/packet race day from 8:30-9:00 a.m. at Riverside Park at the North end of F street in downtown Salida. (a block from Hwy 291)

## TIMING and TIME LIMIT and RESULTS

Timing will stop about 80 minutes into the race. Time limit 80 minutes. (walkers welcome) Results emailed, posted online & at finish

## AWARDS/PRIZES

Special commemorative mugs to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place male and female finishers in each age group:

14 and under, 15-25, 26-39, 40-49, 50-59, 60+

Awards and attendance/raffle prizes at the pavilion at ~11:00 a.m.

First 100 entrants will receive  
a commemorative Spiral Drive Run  
Carabineer!

RECORDS Rachel Gioscia= 26:42 Tom Sobal= 24:57

QUESTIONS? email – [neighborsalida@yahoo.com](mailto:neighborsalida@yahoo.com) phone 719-530-0223 form/info. online at [www.salidarec.com/ccrc](http://www.salidarec.com/ccrc)

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NAME \_\_\_\_\_ MALE / FEMALE \_\_\_\_\_ AGE \_\_\_\_\_ (on 5/10/08)

EMAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ AMOUNT ENCLOSED \$ \_\_\_\_\_ (CHECKS PAYABLE TO: Neighbor to Neighbor)

**READ AND SIGN:** I RECOGNIZE THAT THIS IS A PHYSICALLY DEMANDING EVENT. I AM FULLY COGNIZANT OF THE RISKS AND DANGERS INHERENT IN TRAIL RUNNING. KNOWING THESE RISKS, I CERTIFY THAT I (OR ANY MINOR IN MY GUARDIANSHIP) AM FULLY CAPABLE OF PARTICIPATING IN THE SPIRAL DRIVE RUN. THEREFORE I ASSUME FULL RESPONSIBILITY FOR INJURY TO MYSELF AND/OR ANY FAMILY MEMBER, OR LOSS OR DAMAGE TO MY PERSONAL PROPERTY. I HEARBY HOLD HARMLESS THE CITY OF SALIDA, CHAFFEE COUNTY, THE CHAFFEE COUNTY RUNNING CLUB, NEIGHBOR TO NEIGHBOR AND THE ORGANIZERS, VOLUNTEERS AND ANYONE CONNECTED WITH THIS EVENT. I AGREE TO TRY HARD, PLAY FAIR AND HAVE FUN!

\_\_\_\_\_  
SIGNATURE (PARTICIPANT)

\_\_\_\_\_  
SIGNATURE OF PARENT OR GUARDIAN IF PARTICIPANT IS  
UNDER 18 YEARS OLD

\_\_\_\_\_  
DATE

MAIL FORM AND CHECK TO:  
NEIGHBOR TO NEIGHBOR  
213 E 3<sup>rd</sup> STREET  
SALIDA, CO 81201

NO REFUNDS – NO SUBSTITUTIONS  
THIS FORM MAY BE PHOTOCOPIED