

# Neighbor to Neighbor and the CCRC

Present the 9<sup>th</sup> annual

# SPIRAL DRIVE RUN

SATURDAY May 8, 2010 10:00AM SALIDA, CO



## 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 2nd. \$15 May 3rd-7th. RACE DAY Registration will be \$20 till 9:45 a.m.

(CCRC members: \$8 before May 2<sup>nd</sup> / \$10 May 3<sup>rd</sup>-7<sup>th</sup> / \$17 race day)

## NUMBER PICK UP

Get your number/packet race day from 9:00-9:45 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 first, second & third place

ALL registered runners will receive

male & female finishers in each age group:

a special runner "goodies" bag

14 and under, 15-25, 26-39, 40-49, 50-59, 60-69, 70+

Mayor's Choice BBQ Sauce to all first place finishers AND a special prize to top Male & Female overall

Awards and attendance/raffle prizes at the pavilion at ~11:30 a.m.

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)

NO REFUNDS - NO SUBSTITUTIONS

THIS FORM MAY BE PHOTOCOPIED

NAME \_\_\_\_\_ MALE / FEMALE \_\_\_\_\_ AGE \_\_\_\_\_ (on 5/8/10)

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!

\_\_\_\_\_/\_\_\_\_\_/2010  
SIGNATURE (PARTICIPANT) SIGNATURE OF PARENT OR GUARDIAN IF PARTICIPANT IS UNDER 18 YEARS OLD DATE

MAIL FORM AND CHECK TO:  
NEIGHBOR TO NEIGHBOR  
54 JONES AVE. \*SALIDA, CO 81201

Early registration – mail in, deliver in person OR email and bring  
registration fee on race day [neighborsalida@yahoo.com](mailto:neighborsalida@yahoo.com)

Race Partners: Pinon Real Estate, LiveWell Program, Salida Family Dentistry, Salida Recreation Department  
Chaffee County Running Club, Neighbor to Neighbor Volunteers