

Chaffee County Running  
Club Event  
5<sup>th</sup> Annual

**A RUN THROUGH  
TIME**  
MARATHON/HALF MARATHON

Saturday, March 13, 2010  
9 AM Start  
Salida, Colorado

**Race Start/Finish:** Meet at Salida SteamPlant, 220 W. Sackett Street; Salida, CO. Check in starts at 8:00 am. Race starts across river/railroad tracks at the foot of Tenderfoot Mountain at 9:00 am.

**Courses:** All are hilly at elevations above 7000'. Marathon has over 3000' climbing on dirt roads; half has ~2000' climbing mainly on dirt. 2-mile has 185' climb.

**Aid:** Four water stops along marathon course and three in the half marathon.

**Recommended Gear:** March in the Rocky Mountains is unpredictable. Be prepared for anything from sunburn to extreme winter conditions. We suggest you carry a water bottle, energy food/fluids and perhaps an extra jacket. COME PREPARED for bad weather.

**Awards and Divisions:** Prizes in each race awarded to top three men/women overall and top men/women in each 10 year age group (depending on entries) in addition to door prizes.

**Info:** email [chaffeerunners@yahoo.com](mailto:chaffeerunners@yahoo.com) or [jonsart@realwest.com](mailto:jonsart@realwest.com) or (719) 539-7626 or go to <http://www.salidarec.com/ccrc> .

**Rules:** Foot travel only. 7-hour time limit. 3 intermediate time cut-offs at 7:00 hour pace for marathon/1 cut-off at 4:00 hour finish time pace for half. No dogs, crews or spectators on dirt portion of course. No littering. Pack it in/pack it out. Help other runners in need. Obey race officials.

**Shirts:** Gender specific quality wicking synthetic shirts guaranteed if entry is received by March 1.

**Refreshments:** light hot meal will be available at the finish for contestants.

**Registration and Fees:** You can enter in advance by mailing us the completed form below by March 8, 2010 with a check made out to Chaffee County Running Club. Field limit 300. Enter early.

This activity authorized under special use permit on land under the jurisdiction of the US Department of Agriculture, Forest Service and BLM  
The Chaffee County Running Club is a 501(C)3 organization and Colorado non-profit Corporation

Circle One Run

Marathon	Half Marathon	Two Mile Fun Run
\$40 if postmarked by 2-18-10 \$45 after 2-18. \$50 Race Day	\$30 if postmarked by 2-18-10 \$35 after 2-18. \$40 Race Day	\$3

Shirt Size (women sizes are small so size up): Small\_\_\_ Medium\_\_\_ Large\_\_\_ X-Large\_\_\_  
Shirts Guaranteed to entrants received before March 1!! Select size above for your gender.

Enter Total \$ enclosed\_\_\_\_\_ make checks payable to Chaffee County Running Club.

\$5 discount CCRC members.

Name\_\_\_\_\_ Age\_\_\_\_\_ Gender\_\_\_\_\_

Email address\_\_\_\_\_ Phone\_\_\_\_\_

Mailing Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_ ZIP\_\_\_\_\_

**Waiver and Release:** I fully understand that participating in these runs is very dangerous with hazards both apparent and hidden, and that I could easily become injured and/or die. By signing below I intend to be legally bound and waive and release, for myself, my heirs, executors and administrators, any and all rights or claims for damages which I may incur against property and land owners, directors, spectators, the Chaffee County Running Club, Chaffee County, the City of Salida, their successors and representatives and/or anyone else connected with these runs in any way, even though liability may arise out of negligence or carelessness of those associated with this event. I attest and verify that I am physically fit and have trained to finish these events. I agree all decisions I make and actions I take are my own. I acknowledge that I will be running in isolated, remote areas where aid and rescue may never arrive, and I agree to pay medical and rescue expenses I do incur. Race organizers can use my name, photo, or comments to publicize this event. I agree to have fun, try hard, and play fair.

Signature\_\_\_\_\_ Date\_\_\_\_\_ Photocopies o.k.

( parent or guardian please sign if entrant is under 18)

Mail to: CCRC P.O. Box 1441 Salida, CO 81201