

Chaffee County Running
Club Event
7th Annual

A Run Through Time

Marathon/Half Marathon

Saturday, March 10, 2012
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 railroad tracks at the foot of Tenderfoot Mountain at 9:00 am. Finish at the SteamPlant 4:00 pm cutoff.

Course: Trails and dirt roads. Very Hilly with significant elevation change. 2000' climb half/4000' in marathon

Aid: Four water stops along marathon course and two 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 and 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 in each race and top men/women in each 10 year age group depending on entries in addition to door prizes.

Info: email chaffeerunners@yahoo.com or jonsart1@gmail.com or (719) 539-7626 or www.salidarec.com/ccrc .

Rules: Foot travel only. 7-hour time limit. 3 intermediate time cut-offs at 7 hour pace for marathon/1 cut-off at 7 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 using online registration (go to www.salidarec.com/ccrc) or mailing us the completed form below by March 6, 2012 with a check made out to Chaffee County Running Club. Field limit 350. Enter early. We expect our races to fill up before race day.

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

Marathon	Half Marathon	Two Mile Fun Run
\$40 if postmarked by 1-30-12, \$45 until 2-18-12, \$50 after 2-18-12. \$60 Race Day	\$30 if postmarked by 1-30-12, \$35 until 2-18-12, \$40 after 2-08-12. \$50 Race Day	\$5

Pre Race dinner at the SteamPlant Friday March 9th 6:00 pm \$10 Check Here _____
Shirt Size (women sizes are small so size up): Small ___ Medium ___ Large ___ X-Large ___
Guaranteed before March 1!!

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

\$5.00 discount for CCRC members.

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

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 _____

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

Photocopies o.k.