

A CHAFFEE COUNTY
RUNNING CLUB EVENT
4TH ANNUAL

A Run Through Time

SATURDAY, MARCH 14, 2009
9 AM START
SALIDA, COLORADO

Long before Pete Schlosser filed a plat for the Town Site of Turret, Colorado, before Zebulon Pike made his way up through the Arkansas Hills exploring the headwaters of the Arkansas River and Juan Batista De Anza took the same route to surprise the Comanche raide Cueno Verde near the present town of Rye, Colorado, Ute Indians wore a trail



Marathon/Half-Marathon
2 Mile Fun Run

up a rugged canyon into the Arkansas Hills to thier summer hunting grounds in South Park. Their trail is still used today and called The Ute Trail. "A Run Through Time" Marathon/Half Marathon uses their very route although much improved over the years. While running the course many claim to still hear echos of those original travelers in the canyons

RACE START/FINISH: Meet at Riverside Park in downtown Salida, CO at the corner of F Street and Sackett, a block from CO Hwy 291 stop-light. 8:00 am check in begins. 9:00 am races start at the foot of Tenderfoot Mountain. Finish in Riverside Park.

COURSE: Marathon route follows CO RD 175 (Ute Trail) north to the ghost town of Turret, CO. turn around and return via CO Rd 173 back to Salida. ½ Marathon up and back on CO RD 175 (Ute Trail). Most of routes on dirt/gravel roads with 1.5/3 miles pavement (marathon/half). Total climb 3800'+ marathon. 2000'+ half marathon. Fun run has 185' climb and does the first mile + with the other routes before looping back to start.

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 and energy food/fluids and perhaps an extra jacket. COME PREPARED for bad weather, so you can enjoy every condition better than the worst.

AWARDS AND DIVISIONS: Prizes in each race awarded to top three men/women in 10 year age groups, depending on entries. There will be a raffle for prizes from our sponsors. Awards start at noon for half and 2 p.m. for marathon in Riverside Park.

INFO: email chaffeerunners@yahoo.com or 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 hour pace for marathon/ 1 cut-off at 7 hour finish time pace for half. No Dogs crew/spectators on course. No littering. Pack it in/pack it out. Help other runners in need. Obey race officials.

SHIRTS: Guaranteed if entry is received by March 1. Gender specific quality wicking synthetic long sleeve men's short sleeve women's T's. No shirts for fun run.

REFRESHMENTS: Refreshments and 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 10, 2009 with a check made out to Chaffee County Running Club. Field limit 300 so 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

Marathon \$40 if postmarked by February 18th, \$45 after February 18th, \$50 Race day.	Half Marathon \$30 if postmarked by February 18th, \$35 after February 18th, \$40 Race day.	Two mile fun Run \$3
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Shirt Size: Small ___ Medium ___ Large ___ X-Large ___ Shirts not guaranteed if you register after March 1!!

Enter Total \$ enclosed _____ checks payable to Chaffee County Running Club \$5 discount for CCRC members

Name _____ Age _____ Sex _____

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 Co. 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