

The 15th Rattlesnake Trail 50k Saturday July 11, 2009 6:30 am Start

Race is limited to 150 Runners
RACE DAY REGISTRATION 5:30 AM
\$60.00 Entry Fee.

Registered runners may pick up race numbers and shirts Friday July 10 at the Dinner.
Race day number and shirt pick up starts at 5:30 am. All runners must check in on race day.

Pre-race dinner will be at 6 pm July 10 at the Kanawha State Forest Pool Area.
Race start is at Kanawha State Forest Pool parking lot.

Here's what you get: Race shirt, pre-race dinner, special gift, post race lunch, unique finisher award, 10 climbs totaling 5,000', 9 heavily stocked aid stations, gravel, dirt {mud if wet}, sticks, bugs, snakes, deer, bear and Big Foot {if available}.

Here's what we need from you: Check or money order made out to Dennis R. Hamrick Jr.
Mail that check or money order to:

Dennis R. Hamrick Jr.
125 Angel Terrace
Charleston, West Virginia 25314

If you need more information, go to: www.runningintheusa.com/rattlesnaketrail50k or call 304-344-8342
You could even e-mail us at: itsmadr3@suddenlink.net

Name _____ Age _____ Male _____
Female _____

Address _____ E-
mail _____

City _____ State _____ Zip Code _____ Shirt Size M ___ L ___ XL ___ XXL ___
Phone _____

Wavier: I, the undersigned, do hereby waive and hold harmless all those associated with the Rattlesnake Trail 50k. I know full well that it is a very tough, ragged and stressful course. I have trained for the rigors of this event and for some unexplained reason insist on participating, even though I can get bitten by bugs, snakes, bears, ticks, mosquitoes and deer. I could also fall, get wet, get bruised and/or get lost. No matter what, I am running and have signed the waiver below.

Signature _____ Date _____
{Parent or guardian if under 18}