

The 16th Rattlesnake Trail 50k

Saturday July 10, 2010

6:30 am Start

Race is limited to 150 Runners
\$60.00 Entry Fee.

PLEASE ENTER EARLY TO GET IN THE RACE!!

Registered runners may pick up race numbers and shirts Friday July 9 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 9 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 5,500', 6 heavily stocked aid stations, gravel, dirt {mud if wet}, sticks, bugs, rocks, snakes, deer and bear.

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



ENDURANCE FUELS
& SUPPLEMENTS

<http://www.hammernutrition.com>

Name _____ Age _____ Male ___ Female ___
Address _____ E-mail _____
City _____ State _____ Zip Code _____ Shirt Size M ___ L ___ XL ___ XXL ___ Phone _____

In consideration of your acceptance of my application, I, for myself, my heirs, my executors, and administrators, waive any and all rights and claims for damages I may have against the Race Directors, and their agents and sponsors for any and all injuries suffered by me during the Rattlesnake Trail Run. I hereby, by my signature, certify that I am at least 18 years of age, I acknowledge reading and understanding this clause, and attest and verify that I am aware of the hazards and am physically fit and have trained sufficiently for this event. Race management reserves the right to stop any participant who in their opinion is not fit to continue.

Signature _____ Date _____