



5th Annual Running for Regis Winter Buckeye Trail Fun Run Half Marathon, 30K, Marathon or 50K

Sunday, January 18, 2009

Limited to first 150 runners

Packet Pick Up at MD Garage: Saturday 3 – 6 PM and Sunday 6:15 – 7:00 AM

Run Starts: 7:15 AM Course Closes: 4:30 PM

START & FINISH

Cuyahoga Valley National Park
M.D. Garage next to Visitor Center at Boston Store
(Across the street from Boston Mills Ski Lodge)
1538 Boston Mills Road - Peninsula, Ohio

The Winter Buckeye Trail Fun Run is part of the Western Reserve Trail Running Series. For more information visit: www.wrtr.org
Website - www.buckeyetrail50k.com
Contact - Tanya Cady 330-908-3766



Course Description: Entire course is within Cuyahoga Valley National Park. Course includes trails, water crossings, roots, hills, stairs, minimal Towpath and pavement. Loop A is 5 miles to and from Brandywine Falls. Loop B is out and back to Pine Lane for a total of 8 miles. Repeat loops. *Race director reserves the right to change the course due to weather and/or trail conditions.*

Aid stations: Every 2.5 to 4 miles stocked with PBJ, water, pretzels, etc. Hot Chili provided at end of race.


Fee: \$55 must be received before Nov. 24th to guarantee your jacket size. After Nov. 24th: \$80 and no guarantee of jacket size. Same day registration: \$100. Northeast Running Club members receive \$5 discount if received by November 24th.

Make Checks Payable to: T. Cady

What You Get: Brooks stylish royal blue Podium Jacket (\$50 retail value). A great basic for any runner because of its microfiber shell with DWR; lining is 100% moisture transfer polyester, full front zip. Stocked aid stations, hot chili at end of race and a great trail running experience!

Proceeds from Race Entry Fees: After all expenses are paid, proceeds will be donated to the **Regis Shivers Scholarship** and to the **Zachary and Elizabeth Fisher House**, a non-profit corporation that provides lodging to patients and their family who are being treated at the Veterans Administration Medical Care Facilities in Cincinnati.

Other Notes: NO REFUNDS • NO PETS • NO HEADPHONES during race – Race packets not picked up and/or items left after close of race will be distributed at race director's discretion. Goodie bags will not be mailed to absent runners.

 **Mail Check with Entry Form to: T. Cady 865 Pine Cone Oval Sagamore Hills, OH 44067**

Name: _____ Age: _____ DOB: _____ Sex: M F

Address: _____

Phone: (____) _____ Email: _____

Jacket Size (All sizes are Adult Male): Extra Small Small Medium Large XLarge

Distance: Half Marathon 30K (18.6 miles) Marathon 50K *Runners may change distance day of run*

WAIVER: I, the undersigned, certify that I am physically fit and capable of participation in this event. I understand that trail running is a potentially dangerous activity including snow and/or ice and/or mud and assume full responsibility for any injury or accident, which may occur during my participation in Running for Regis Winter Buckeye Trail Fun Run. I, the undersigned, hold harmless the run director, Western Reserve Trail Running organization, volunteers, Boston Township, the Cuyahoga Valley National Park, its employees, volunteers, and users.

Signature _____ Date _____ Amount Enclosed : \$ _____

If under 18 years of age, Signature of Parent and/or Guardian _____ Date _____ Amount Enclosed : \$ _____