

**Race Waiver: PCT B to B 50K on 9/4/2010**

ACCIDENT WAIVER AND RELEASE OF LIABILITY: The following must be signed to enter the race. If you are under 18, your parents or guardian must sign for you. In consideration of accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors & administrators waive & release forever any & all rights & claims or damages I may accrue against Columbia Gorge Running Club, Road Runners Club of America, any & all organizations, sponsors, &/or individuals connected with this event, their representatives, successors & assignees for any & all injuries suffered by me in connection with this event including pre- & post-race activities.

I ACKNOWLEDGE that this athletic event is an extreme test of a person's physical & mental limits & carries with it the potential for death, serious injury & property loss. The risks include, but are not limited to those caused by terrain, facilities, temperature, dehydration, weather, condition of athletes, equipment, vehicular traffic & actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, event monitors &/or producers of the event. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all the risks of participating &/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in this event & have not been advised otherwise by a qualified medical person. I agree to comply with all race rules & instructions of race officials. I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders &/or assignees. This waiver shall be construed broadly to provide a release & waiver to the maximum extent permissible under applicable law. I certify that I have read this document & that I understand its content.

**Parent/Guardian Waiver for Minors (under age 18):** The undersigned parent &/or guardian does hereby represent that he/she is, in fact, authorized to act on behalf of & is acting in such capacity & agrees to save & hold harmless & indemnify each & all of the parties referred to above from all liability, loss, claim & damages.

Signature \_\_\_\_\_

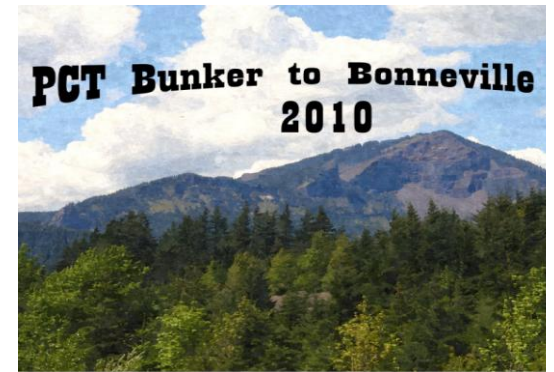
Date \_\_\_\_\_

PCT B to B 50K  
c/o Anna Bates  
369 Frank John Road  
Stevenson, WA 98648



# 50K Trail Run

Columbia Gorge Running Club



Saturday, September 4<sup>th</sup>  
7:30 a.m.

Starts north of Carson, WA. at  
Panther Creek Campground

Ends at Bonneville Hot Springs

Benefits the *CGRC Scholarship Fund*

Web site:  
[www.columbiagorgerunningclub.com](http://www.columbiagorgerunningclub.com)

# PCT Bunker to Bonneville 50K

Point-to-point 50K trail run beginning at Panther Creek Campground, north of Carson, WA. Starts on the Pacific Crest Trail (PCT) and follows this south to near Table Mt. where it heads south on old dirt roads and single track trails to the finish at North Bonneville Hot Springs.

**DESCRIPTION:** Not flat! There is plenty of climbing from start to finish. Please check a Gifford Pinchot topographic map before committing. Weather dependent, you will have fabulous views of the Columbia Gorge and quite possibly the four major Northwest volcanoes, Mts. Hood, Adams, St. Helens, and Rainier, not to mention smaller peaks like Table Mt. and Three-Corner Rock.

Please be prepared for inclement weather. You will be in REMOTE mountainous terrain nearly the entire run.

**AID:** We will have 4 water/aid stations.

**FINISH:** *Bonneville Hot Springs* will have masseurs offering mini sport massage and might even provide some recovery food and drink. It will be awesome! Participants will get a bracelet good for a shower, the pool and the Jacuzzi/sauna. For an extra \$10 a person could get a bath and wrap. You can book a full sports massage at this link: [www.bonnevilleresort.com](http://www.bonnevilleresort.com)

**Awards:** Age Group ribbons (10 yr. increments) and prize for the best 5 card draw poker hand.

**ACCOMODATIONS:** *North Bonneville Hot Spring Resort*. There are several resort-style lodges in the area and a few hotels. "Dispersed" campsites are plentiful. Panther Creek Campground is the start, so consider camping there.

**TRANSPORTATION:** The finish line is approximately 35 minutes drive from the start. Runners should plan to carpool, though we are working on providing transportation. At present, runners who wish to be dropped at the start should plan on meeting at the North Bonneville Hot Springs Parking Lot at 6:00 a.m. Bring a bag to shed clothes at the start and we'll get them to the finish.

**DRIVING DIRECTIONS to Bonneville Hot Springs:**

**From Portland:** I-84 E to Cascade Locks exit. Bridge of the Gods across the Columbia River to Hwy 14. Hwy 14 W to Bonneville Hot Springs exit.

**From Vancouver/I-5:** I-205 S to Hwy 14 E. to Bonneville Hot Springs Exit. If you reach Bridge of the Gods, you've gone too far.

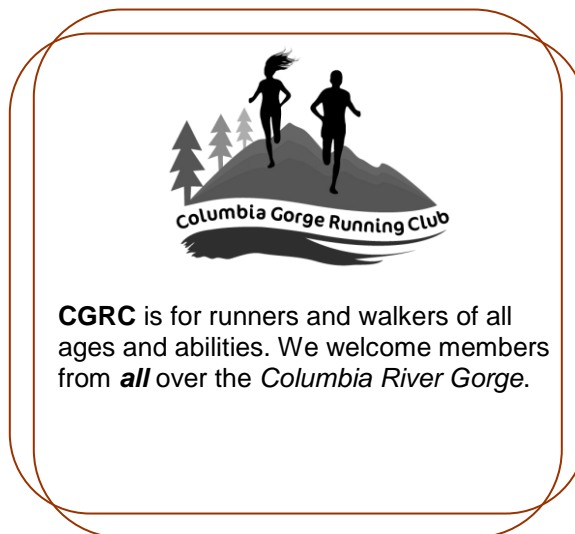
**\*\* You will need your NW Forest Trail Parking Permit to park at start \*\***

**Have questions?**

**Race Director:** Anna Bates [dnabates@gorge.net](mailto:dnabates@gorge.net)

360-213-8026

<http://www.columbiagorgerunningclub.com>



## PCT B to B 50K Entry Form

Online registration available at [ultrasignup.com](http://ultrasignup.com)

<i>Please circle applicable cost</i>	<i>Cost</i>
<b>Received by August 28</b> (includes shirt/ shower/spa/pool pass)	\$65
<b>Received by Sept. 1<sup>st</sup></b> (includes shower/spa/pool pass) <b>**No shirt after August 28**</b>	\$35
<b>Received after Sept. 1<sup>st</sup></b> (includes shower/spa/pool pass)	\$40

**Please circle t-shirt size:**

Men's 1/2 zip pullover (*These run one size larger.*) Small Medium Large

Women full zip lightweight jacket (*These run one size smaller.*) Medium Large Ex Large

Name	
Address	
City	
State	Zip
Phone	
E-mail	

Age on Race day \_\_\_\_\_

Gender  Male  Female

Make checks payable to **CGRC**, sign waiver on back and mail to:

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