

PACIFIC RIM ONE DAY RUN



24 Hour Endurance Run

9:00 a.m. March 17, 2012 to 9:00 a.m. March 18, 2012
 Longview, Washington

... THE COURSE ...

The race will be held on a one mile loop on the banks of beautiful Lake Sacajawea, located at the intersection of Hemlock and Kessler in Longview, Washington. The surface is mostly gravel pathway with some sidewalk surface paved with concrete.

... RACE AID ...

Water, electrolyte, cookies, bananas, and other goodies to keep you fueled up will be available every mile. Race management welcomes your requests for special items (just call well in advance) or you may provide your own. Showers will be available at no charge at the nearby YMCA, located at 15th and Douglas, Longview. Bring own towel.

... Suggested Lodging ...

Hudson Manor, 1616 Hudson St., Longview, WA, (360) 425-1100, email: lynne@hudsonmanorinn.com or Ramada Inn, 723-7th Avenue, Longview, WA (360) 414-1000

... AWARDS ...

Awards will be given to the top ten overall male mileage finishers and top five females. Dry Tech Long Sleeve for all who complete 31 miles (50km). (As an alternate runners may choose to substitute Dry Tech Pants if they desire, or both for a \$97 entry fee. Please note this in the proper place on your application. Proceed will benefit Special Olympic.

... GENERAL INFORMATION ...

This event is for experienced ULTRA runners only! ROOKIES accepted only at discretion of Race Management. The Race Director and Race Officials reserve the right to refuse entry, or disqualify any person from this event. Race Management will attempt to provide lap counters, but runners are encouraged to **BRING VOLUNTEERS**. Weather conditions are unpredictable. Come prepared with warm clothing, etc. Splits will be recorded for 50km, 50 miles, 100km, and 100 miles. Flashlights may be used during dark hours at the runners option. Need more information? Contact Fred Willet at 1107 3rd Ave. N., Kelso, WA 98626 (360)749-4372 or e-mail: fred_e_willet@yahoo.com

Entry Fee \$75.00

Race Date
 March 17 & 18, 2012

Pacific Rim One Day Run Entry Form

1107 3rd Ave. No., Kelso, WA 98626 (360) 749-4372

AWARD CHOICE

- CHECK ONE ONLY
- LS Shirt
 - Pants
 - LS Shirt & Pants (\$97 entry)
- (CIRCLE DESIRED SIZE)
 (s) (m) (l) (xl)

Name: _____ Age: _____ Sex: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone (home): _____ (work): _____

Please enclose your entry fee of \$75.00 per runner (make checks payable to Pacific Rim Run)

Shirt & pant orders: Please place order by March 1 to insure proper size

WAIVER OF LIABILITY: In consideration of your accepting this entry, I, the undersigned intending to be legally bound hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages that I may have against the City of Longview, Longview Parks & Rec., any and all sponsors, and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor.

Signature of Runner: _____ Date: _____