



**START and FINISH:** Salt Fork State Park Lodge, Cambridge, OH. Saturday, December 4, 2010, 9:30am, Course Closes @ 12:30pm (3 hour limit)

**PACKET PICK-UP:** Saturday, December 4, 2010 from 7:00am to 9:00am at Salt Fork State Park Lodge. Race packets will not be mailed.

**COURSE INFO:** 10.4 mile loop course with rolling hills entirely within Salt Fork State Park, including hiking and bridle trails.

**AID STATIONS:** There will be a total of one (1) aid station at the approximate 5 mile mark. The aid station will be stocked with Gu, Gu Brew, water, pretzels, potato chips and cookies. In an effort to minimize paper waste, all participants are strongly encouraged to carry a water bottle.

**WHAT YOU GET:** 100% organic cotton unisex short sleeve shirt, OhioOutside.com water bottle, finisher's prize, and post-race refreshments.

**AWARDS:** Top male and female; age group awards.

**FEE:** \$25 until September 1, 2010; \$30 until November 1, 2010; \$35 until December 1, 2010; \$40 thereafter. Race day registration available, however, race bags or shirts are not guaranteed for race day registration. **\$5 discount when registering online for both the Salt Fork 10 Mile Trail Challenge and the Bigfoot 50k. Use discount code 'BIGFOOT' when registering.**

**REFUND POLICY:** Salt Fork 10 Mile Trail Challenge will offer no refund, transfer, or deferral of entry fees once you are registered for the race.

**DISCLAIMER:** Deer hunting will be taking place the weekend of December 4 and 5, 2010 within Salt Fork State Park. We have carefully worked with the park staff to ensure the safety of the runners and that the entire race course is not in any area permitted for hunting. Although we do not anticipate any issues, it is recommended that you do not wear anything white during the race and are encouraged to wear bright colors - *especially orange*.

***Presented by:***

[WWW.OHIOOUTSIDE.COM/SALT-FORK](http://WWW.OHIOOUTSIDE.COM/SALT-FORK)

ONLINE REGISTRATION AT [ACTIVE.COM](http://ACTIVE.COM)

**FIRST NAME:** \_\_\_\_\_ **LAST NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**AGE ON RACE DAY:** \_\_\_\_ **SEX:** M F (Circle) **SHIRT SIZE:** S M L XL (circle one) **EMAIL ADDRESS:** \_\_\_\_\_

**EMERGENCY CONTACT NAME:** \_\_\_\_\_ **EMERGENCY CONTACT PHONE NUMBER:** \_\_\_\_\_

By signing this waiver, you understand, agree, warrant and covenant as follows: I certify that I am adequately trained, physically fit, and capable of participating in this race event over and off roads, trails, and rugged terrain and I recognize the significant risks involved, such as exhaustion, physical injury, heat stroke, dehydration, and vehicle, equestrian, and pedestrian traffic. In consideration of allowing my participation in the Salt Fork 10 Mile Trail Challenge, I hereby waive and release all claims and liabilities arising directly or indirectly out of, or relating to my participation in that event, and I further agree to indemnify and hold harmless Salt Fork 10 Mile Trail Challenge, Western Reserve Trail Running, Inc., OhioOutside.com, Salt Fork State Park, the State of Ohio, the United States of America, and their respective directors, trustees, officers, affiliates, agents, contractors, representatives, employees, and volunteers from all losses, costs, liability, damages, and claims arising from my participation. I also grant permission for photographs, video, and audio recordings to be made and to use, distribute, transmit, publish, copy, or otherwise exploit any such material, whether in news releases, promotional packages, websites, or in any other manner or form and by any medium. I have read and understand the foregoing assumption of risk and release.

***We reserve the right to reject entries. All entries are non-refundable.***

\_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_  
Signature of parent or guardian if under 18 \_\_\_\_\_ Date \_\_\_\_\_

**Please Make Check Payable To: OhioOutside.com**

**SEND COMPLETED FORM AND CHECK TO:**

**OhioOutside.com**  
**3540 Adaline Drive**  
**Stow, OHIO 44224**