



Haw Ridge 50k

April 22, 2006 at 8am

No fee, No Shirt, No Awards, Just Fun

Four ~8 mile loops around Haw Ridge Park. The running is on technical single or double track trails except for a 1/4 mile of road. No wet crossings, but with a lot of rain it can be muddy in places. The trail is very scenic, very isolated, but easily accessed for emergencies. Mostly flat with some up and down, nearly 100% runnable, very good footing.

The only aid station will be located at the start/finish where all runners will have their vehicles parked. Runners should be prepared to carry water and other supplies for the 90-120 minute loops. Most runners will do fine with a two bottle (32 oz) water pack or similar hydration system. We may shuttle some water into the backside of the loop, but please do not count on aid in the middle of the loop.

In recognition of the difficulty in running long miles on trail, we are now offering a reduced loop option. Runners who want to run fewer than four loops still need to complete a liability release, as well as provide their own aid and participate in the gift exchange. Of course, if you decide to do all four loops, more power to you

Practice Run to be held on April 8th at 8am. We will meet at the mountain parking area, near the fishing pier, on the southern end of Edgemore Rd. If the weather is bad, an alternate date and time will be announced via e-mail. To receive e-mail notification of changes and updates, send an e-mail to bkadas@bellsouth.net

White elephant gift exchange at finish: Bring a wrapped, outdoor related product costing no more than \$10-15. At the end of the run, each runner will pick a wrapped present from those left by other runners. It can be something homemade or store bought. Let your imagination move you ;)

Potluck Aid Station: We will have a potluck aid station located at the parking area; runners will pass the aid station once at the end of each loop. We will have water and toileting facilities at the parking area. Each runner should bring their own food and drinks as well as something special to share with your fellow runners. I'd suggest fruit, PB sandwiches, salty crackers, cookies, etc...

Registration There is a \$10 donation to the Friends of Haw Ridge required for participation in this event. All runners must complete a liability release in order to be registered for the run.

Complete information and liability release can be viewed and printed from the Friends of Haw Ridge website: <http://www.cs.utk.edu/~dunigan/fohr/run50k.html>

If you have any questions, please contact Ben Kadas at 865-483-8735 or bkadas@bellsouth.net

Haw Ridge 50k Trail Run Application:

Name: _____

Address: _____

City _____ State _____ Zip _____

Phone: _____ E-Mail: _____

Health Insurance: _____

How did you hear about the race?

Sex: M / F Date of Birth _____

Wavier: In consideration of your accepting this entry, [I below signed], intending to be legally bound for myself, my heirs, executors, administrators, and assigns waive and release all rights and claims for damages I may have against the City of Oak Ridge, Anderson County Health Council, Oak Ridge Track Club, officials, sponsors, directors, officers, agents and volunteers of the Haw Ridge 50k Run, their heirs, representatives, successors and assigns, for any and all injuries physical or otherwise suffered by me in this event.

I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been recently verified by a licensed medical doctor. I attest that I have no medical conditions that prevent my participation in this event and that I am currently covered under a health insurance program. Further, I hereby grant full permission to use photographs, videotapes, motion pictures, and records of me, or any other record of this event, for any legitimate purpose.

This entry is invalid unless signed by entrant. If entrant is under 18 years of age, parent or guardian must sign entry. The race organizer reserves the right to reject any entry.

Signature _____ Date _____

Parent or guardian (if under 18) _____

Mail completed and signed application to:

***Ben Kadas
417 East Drive
Oak Ridge, TN 37830***