



Ridge to Bridge Marathon

Jonas Ridge to Brown Mountain Beach Resort • October 24, 2009 • 8:00am

MARATHON ENTRY FORM

\$75 before August 1st • \$85 before September 15th • \$95 before October 15th • No race day registration

PRINT THIS FORM AND MAIL WITH YOUR CHECK TO THE ADDRESS SHOWN BELOW

Last Name _____ First Name _____ Birth Date _____

Street Address _____ City/State/ZIP _____

Telephone (____) _____ E-Mail Address _____

Male Female Shirt Size S M L XL Age on Race Day _____

Marathon PR** _____ Expected Finish Time _____ No. of Previous Marathons _____

Are you trying to qualify for Boston at this event?** Yes No BMRC Member* Yes No

Emergency Contact _____ Emergency Telephone No. (____) _____

WAIVER: I fully understand that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained to safely complete a 26.2 mile road race. I agree to abide by any decision of a race official relative to my ability to safely complete this run within the designated time limit. I further agree to surrender my race bib and timing chip to any race official if directed to do so for any reason. I assume all risks associated with participating in this race, including, but not limited to: falls; contact with other participants; runners; bikers; horses and other animals; the effects of weather, including heat, cold, or precipitation; vehicular traffic; the condition of the roads; and really sore quads and feet; all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act waive, release, and hold harmless the race organizer, Brown Mountain Running Club, Inc., Lee Timing LLC, all other sponsors and property owners, and all the agents, employees, officers, directors, and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this event. I also understand that baby joggers or strollers, roller skates, and pets are not allowed on the course at any time during this event. I understand and acknowledge that I assume full responsibility for the care of the ChampionChip timing chip I am assigned for this event, and promise to return it to the BMRC immediately upon completion or withdrawal from the event. I understand and agree that I will be charged a \$30 replacement fee for the timing chip if I fail to return it to the BMRC within seven (7) days of the event.

This course has a net elevation loss of over 2,700 feet and includes some very steep descents. Much of the course is unpaved and could be challenging to the uninitiated. This should be taken into very careful consideration in your training for the event and in your choice of footwear on race day.

▶ Race time limit is 6 hours. All runners must reach Brown Mountain Beach Resort by 2:00pm. ◀

Signature of Entrant _____ Date _____ Signature of Parent or Guardian if under 18 _____

Make checks payable to BMRC and mail to: 203 Northwood Drive • Morganton, NC 28655

* **BMRC members may deduct \$10 from the entry fee. You are also *guaranteed* entry to this event if you were a member as of June 1, 2009 and register on or before October 1st. If you are not a member but would like to become one, please visit <http://www.my-bmrc.org>.**

Amount Enclosed: \$

Please see the Ridge to Bridge Marathon General Information page on our web site for details of our refund policy.