



Mount Cheaha 50K

THE RACE TO THE TOP OF ALABAMA

WHAT? This race to the top of Alabama is an Ultra Marathon, a beautiful Point to Point trail run that finishes at the summit of Cheaha Mountain, at 2,407 feet the highest point in Alabama.

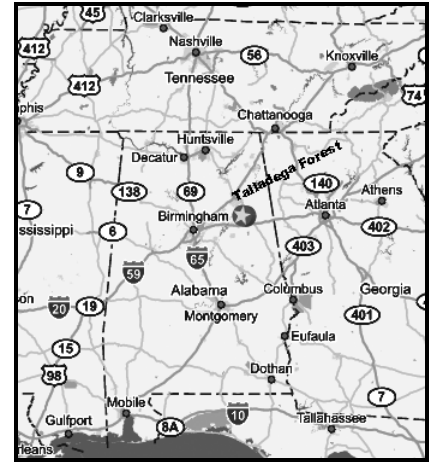
WHEN? February 27, 2010 Busses leave from Cheaha State Park Hotel promptly at 6:15 am and race starts at 7:30 am

WHERE? Race begins at Porter's Gap Trailhead / AL 77 and ends in Cheaha Mountain State Park

WHAT WILL YOU SEE? Scenic overlooks, creek crossings, lakes, waterfalls, hardwood and pine forests, and 80% beautiful single track trails touring through the Talladega National Forest

WHY? The proceeds from this race go to the Cheaha State Park and Trail Maintenance

- No Race Day registration
- **Registration fee is \$50.00 postmarked by February 6th 2009** and \$70.00 after.
- **Bus Transportation is included in entry fee. No transportation will be available back to the race start line after race start .**
- Carbo-loading supper is \$10.00 per person in advance \$15.00 at the door.
- Age Limit: Participants must be 18 or older.
- For more information and the latest race news and updates, please visit www.pinhoti100.com/mountcheaha50K or email MountCheaha50K@charter.net
- Please make check payable to Mount Cheaha 50K and mail to:
Mount Cheaha 50K, 1820 Pleasant Ridge Dr, Sylacauga, AL 35150
- Participants must be 18 or older.



NAME: _____ DOB: _____ AGE (on 2/28/09): _____

ADDRESS: _____

CITY, STATE, ZIP: _____

DAY PHONE: _____ EVENING PHONE: _____

SEX (circle one): M F T-SHIRT SIZE (circle one): S M L XL 2X 3X

EXISTING MEDICAL CONDITIONS: _____ E-MAIL: _____

EMERGENCY CONTACT: _____ PHONE: _____

Entry Fee \$ _____

Carbo Meal \$10.00/ea \$ _____

Total \$ _____

Waiver and release: I, individually, (and/or as parent, and/or guardian of the named minor) for and in consideration of acceptance of this entry in Mount Cheaha 50K trail run, do hereby release, remise, waive, and forever discharge the Mount Cheaha 50K organization, Alabama Striders, Cheaha State Park, USDA Forest Service and USDA and any and all other supporting groups of this said racing event, together with all their officers, agents, officials and employees, from any and all liability, claims, demands, actions, or causes of action whatsoever arising out of, or relating to any injury, illness, loss, or damage, including death, relating to participation in the aforesaid event. I further state I am in proper physical condition to participate in this event. In addition, I agree that my participation in this event requires that I will not participate with roller blades, baby joggers, skateboards, animals, headphones, or anything which the race director deems dangerous to me or other participants and that the race director may remove me from this event for violation of said policy. I further grant permission to this race and the organization conducting the race and/or agents authorized by them to use any photographs, videotapes, motion picture, recordings and any other record of this event for any purpose. I also agree that if the event is cancelled for any reason that all entry fees are non-refundable. I understand that the race management reserves the right to deny entry to any runners not demonstrating appropriate background in endurance activities which would allow them to complete this race in a safe and timely manner.

SIGNATURE: _____

DATE: _____