

To register: make checks payable to Rocky Mountain Road Runners and mail this signed entry form and your check to:

RMRR
PO Box 6352
Denver, CO 80206

-Or-
register online at www.active.com.
There is a fee for online registration.

Name: _____

Address: _____

City, State, ZIP: _____

Phone: _____

Gender: M F

Age on Race Day: _____

RACE SELECTION:

20 Mile Series (All 3 races)

In Advance \$40 RMRR Member **1st Race Day** \$50 RMRR Member

\$45 Non-member \$55 Non-member

10 Mile Series (All 3 races)

\$25 In Advance or on first Race Day

Individual Races (choose one or two dates)

Race #1 Sunday, Aug 29 7:00 am

Race #2 Saturday, Sept 11 7:00 am

Race #3 Sunday, Sept 25 7:00am

10 Mile Pricing (each race)

In Advance \$10 **Race Day** \$15

20 Mile Pricing (each race)

In Advance \$15 RMRR Member **Race Day** \$20 RMRR member
 \$20 Non-member \$25 Non-member

WAIVER

In consideration of the acceptance of my entry, I, the undersigned participant, for myself, my family members, heirs, administrators, personal representatives, successors and assigns hereby fully release, discharge and hold harmless Rocky Mountain Road Runners, RRCA, City of Westminster, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the Marathon Training Series even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I assume all risks associated with running, but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. I represent by my application for entry that my physical condition is adequate to compete safely in the Marathon Training Series. I understand no dogs, baby joggers or skates are permitted on run routes. I hereby certify that I have fully read and understand the foregoing release, waiver and covenant not to sue and sign it voluntarily.

Signature

Date

Parent or Guardian if under 18

Rocky Mountain Road Runners

PO Box 6352
Denver, CO 80206

**PREPARE FOR A FAST
FALL MARATHON!**

**2010
Marathon
Training Series**



www.rmrr.org

Series Description

The Marathon Training Series is a set of three races designed to help you train for your fall marathon. Whether you are training for the Boulder Marathon, Denver, or Chicago, this series is for you!

The series consists of 3 races of 10 or 20 miles on a 5 mile out and back course. All races begin at 7am.

Awards

The top 3 men and women in each 20M race will receive an award. We also plan raffles after each race where anyone can win.

Course

All the races are on the Big Dry Creek Trail in Westminster, CO. The course is mostly flat with a few small, rolling hills. The course surfaces are a combination of smooth dirt path and paved bike path. Miles will be clearly marked.

You'll find aid stations at 2.5 miles and the 5 mile turnaround. They will be equipped with water, fluid replacement drink, and energy gels. We'll have food and drink at the finish.



Race Fees

In advance

20 Mile Series (all 3 races)

\$40 for RMRR Members and participants in any recognized marathon training program (Fast Forward, Denver Fit, etc). \$45 for non-members.

10 Mile Series (all 3 races)

\$25 members / \$30 non-members.

Single race

10 Mile: \$10 for all runners.

20 Mile: \$15 members / \$20 non-members

Race Day

Add \$5 for a single race, \$10 for a series.

Race-day series registration is only available at the first race.



Directions

Big Dry Creek Trail, Westminster, CO

Take Hwy 36 to Sheridan Blvd. Go north to 105th Street and then left into the entrance to the Westminster Rec Center and City Park. Take the first right and drive to the north end of the parking lot by the soccer fields. The Big Dry Creek Trail starts just north of the parking lot.



Registration and More Info

Send in this form and your check to registrar by mail, or look online at www.active.com.

If you still have questions, you can:

- visit RMRR at www.rmrr.org, or
- send email to mts@rmrr.org