

Golden Hills Trail Marathon



- Date:** Saturday, October 11, 2008
- Start:** 9:00 A.M. Lone Oak Picnic Area, Tilden Park, Berkeley CA.
- Finish:** Lake Chabot Marina, Cove Picnic Area, Castro Valley.
- Course:** Point to point route (north to south), mostly along the East Bay Skyline National Trail. Course transverses six regional parks along Fireroads and single tract trails that provide gorgeous views of San Francisco, Mt. Diablo and the golden hills of the east bay. Held in conjunction with the Dick Collins Firetrails Fifty.
- Logistics:** A shuttle will take runners from the finish area, on Lake Chabot Road, to the start for \$5.00. The shuttle will **leave at 7:15 am sharp** and will arrive at the start at about 8 a.m. We encourage all runners to take the shuttle for your own convenience (i.e., so your vehicle will greet you at the finish) and because parking near the start area is very limited. Shuttle rider's clothing will be transported to the finish line.
- Aid:** Seven aid-stations are scattered along the course. It can be warm; it is highly recommended that you carry a water container during the race.
- Entry Fee:** \$60.00 if postmarked by 9/06/08, \$80.00 if received by 10/04/08. All entries received after 10/04/08 will be returned. Race day registration will be available. Race Day Fee: \$100.00. Make Checks payable to: Ann Trason.
- Mail Entries to:** Ann Trason, 254 Trinity Avenue, Kensington, CA 94708. Phone: (510) 525-0337
- Awards** Special awards for: Overall, Rookie and Age Group Winners
- Refunds:** No refunds after September 1st. In the event that the race is cancelled due to park closure or other unforeseen circumstances, partial refunds may be granted, but only to the extent funds are still available at the time of cancellation.
- Additional info:** Race information & race numbers will be mailed to entrants on September 25th. Entries received after 9/25 must pick-up race numbers at race day registration, between 8:00-8:45 am at Lone Oak Picnic Area in Tilden Park.
- Contact:** Ann Trason, RD. Phone: (510) 525-0337(h), e-mail: firetrails 50@gmail.com
web: <http://www.goldenhillsmarathon.net>

Name: _____ Age (on race day): _____ Sex: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone :(_____) _____ email: _____

Please specify following: UNISEX T-Shirt size: **XS S M L XL** Will take shuttle: **Yes or No** Longest Trail Event: **Yes or No**

Fees: Entry=\$60 (\$80 if after 9-06-2008) \$ _____ Shuttle=\$5.00 \$ _____ Total \$ _____

WAVIER: In consideration of the acceptance of my entry in the Golden Hills Trail Marathon on October 11, 2008: For myself, my heirs, executors and administrators, I hereby waive and release any and all claims against the Dick Collins Firetrails 50 and/or Golden Hills Trail Marathon organizers, the Bay Area UltraRunners, race sponsors, local jurisdictions and their employees, and race volunteers (the "Releasees") including any and all claims for damage caused by negligence of any of them, arising out of my participation in this footrace and its related activities, together with any costs, including attorney's fees, that may be incurred as a result of such claims whether valid or not; and expressly waive any benefit I may otherwise have under Section 1542 of the civil code of California. I hereby acknowledge that participation in this footrace carries with it potential hazard and risk which I voluntarily assume, and therefore release all Releasees of responsibility for my injury or death during this footrace and its related activities. I hereby attest and verify that I am physically fit and sufficiently trained for this arduous event. I further attest that I have no preexisting physical conditions that would prohibit me from participating safely in this event.

Signature: _____ Date: _____

Signature of Parent or Guardian if under 18 years of age: _____