



Sunday, March 27, 2011 – 7:30 AM

For race and course details visit the **WEBSITE:** www.fools50k.org
Contact run director: Lloyd Thomas, 440-590-1805 or email - fools50k@gmail.com
Packet Pick-up: Saturday, 12-5 PM at Vertical Runner or day of race at Pine Hollow, from 6:30-7:15 AM

START and FINISH: Pine Hollow, Cuyahoga Valley National Park, Boston Township, Ohio

Race start: 7:30 AM Course Closes 4:30 PM (9 hour limit)

Course description: 25k trail loop within the Virginia Kendall Unit of the Cuyahoga Valley National Park, including the Salt Run, Lake, Ledges, Boston Run, Pine Grove, and Cross Country Trails. 50k runners repeat 25k course. Course map available on website.

Features:

- Course entirely on trails (99.5% pavement-free)
- Preview parts of the Burning River 100 course
- A nice preparation event for the longer summer trail races and ultramarathons
- NEW in 2011: Unique award for 50K finishers

Aid stations: Every 3 to 5 miles stocked with water, food, and beverage provided by Hammer Nutrition. Participants are encouraged to carry a water bottle.

50K fee: \$50 post-marked by February 15, \$60 thereafter (no refunds)

25K fee: \$45 post-marked by February 15, \$60 thereafter (no refunds)

Registration limited 250 entrants

50K Awards: Top 3 men and women, Top Masters (40+) and Top Grand Masters (50+) man and woman

25K Awards: Top man and woman

What you get: Those registered by February 15 will receive a gender-specific performance running shirt. Those completing 50K earn a unique finisher award. Post-race refreshments, including hot soup provided to all participants.

Proceeds after expenses go to support local trail running through the Western Reserve Trail Running organization

Mail entry form with check payable to Fools Trail Run, PO Box 22030, Beachwood, OH 44122

(print legibly)

Name: _____ Age on 3/27/11: _____ Gender: M or F

Address: _____

Phone: (____) _____ Email: _____

Distance: 50K or 25K (Circle one - runners may change day of run; declare before start)

Performance shirt size (Circle one) Men's: S / M / L / XL Women's: S / M / L **(CIRCLE ONE SIZE)**

Waiver: I, the undersigned, certify that I am physically fit and capable of participation in this event. I understand that trail running is a potentially dangerous activity and assume full responsibility for any injury or accident, which many occur during my participation in the Fools 50K and 25K Trail Run. I, the undersigned, hold harmless the run director and volunteers, Western Reserve Trail Running organization, volunteers, Boston Township, the Cuyahoga Valley National Park, its employees, volunteers, and users.

Signature (Signature of Parent/guardian, if under 18 years old)

Amount enclosed: \$ _____
(Note: No refund policy)

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