



# 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.

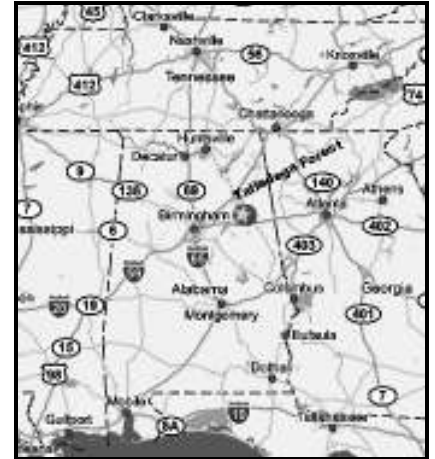
**WHEN?** February 23, 2008 Busses leave from Cheaha State Park Hotel promptly at 6:15 am and race starts at 7:30 am

**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, water falls, 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 for a much needed children's playground

- No Race Day registration
- **Registration fee is \$45.00 postmarked by February 3rd 2008** and \$60.00 after.
- **Bus Transportation is \$3.00 and must be paid in advance. If you think you may need transportation to the start you MUST include \$3.00 with entry fee. No transportation will be available back to the race start line after race start .**
- Carbo-loading supper is \$8.00 per person in advance \$10.00 at the door.
- Age Limit: Participants must be 18 or older.
- For more information and the latest race news and updates, please visit [www.MountCheaha50K.org](http://www.MountCheaha50K.org) or email [MountCheaha50K@charter.net](mailto: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.



*If you're running, please consider asking a friend or two to come along as volunteers. You'll all have fun, and you won't have to drive all the way home after running 31 miles!*



NAME: \_\_\_\_\_ DOB: \_\_\_\_\_ AGE (on 2/23/08): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

DAY PHONE: \_\_\_\_\_ EVENING PHONE: \_\_\_\_\_

# CARBO SUPPERS (\$8 EACH): \_\_\_\_\_ BUS TICKET (\$3.00) \_\_\_\_\_ # OF ULTRA RACES: \_\_\_\_\_

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

EXISTING MEDICAL CONDITIONS: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

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: \_\_\_\_\_

Check here if under 18 (Must be signed by parent or guardian if under 18 years old.)