

## DATE/TIME

Saturday, October 9, 2010  
7:00 AM - Check In/Late Packet Pickup  
8:00 AM - Marathon/40 Mile Race Start  
9:00 AM - Half Marathon Start

## DETAILS

### Half Marathon, Marathon & 40 Mile Run

The course is almost all on the Watershed trail system in Greensboro. Running this race is a true adventure that requires more concentration than road running.

## WEATHER

Sunrise 7:19 AM / Sunset 6:55 PM  
Average October Temp: Low 47 / High 68

## REGISTRATION

Register online at [www.triplelakesrace.com](http://www.triplelakesrace.com)

### Register by mail

15 Owls Roost Ct  
Greensboro, NC 27410

## FEES

Half Marathon \$30  
Marathon \$50  
40 Mile Run \$60  
Relays \$30/Person

Procrastination fee \$10

*If registering after 09/01*

- Teams **MUST** register by 10/05
- Race shirts can not be guaranteed if you register after 09/20
- No race day registration

## RELAYS

- Each relay participant should complete a race application. All race applications should be turned in together. Write a team name on the race application.
- Marathon Relay teams can range from 2-5 runners.
- 40 Mile Relay teams can range from 2-8 runners.

## SPONSORS

We are pleased to have the support of the following organizations.



GREAT OUTDOOR PROVISION CO.



More information:  
[www.triplelakesrace.com](http://www.triplelakesrace.com)

## Triple Lakes Trail Race



Marathon : 40 Mile Run  
Half Marathon

Race solo or be part of a relay team. Experience some of North Carolina's best trail running.

October 9, 2010  
8:00 AM

Greensboro, NC  
Bur Mil Park

Sign up soon!  
Race limited to 400 runners

[www.triplelakesrace.com](http://www.triplelakesrace.com)

Mail to:  
15 Owls Roost Ct  
Greensboro, NC 27410

# Race Application

Register online [www.triplelakesrace.com/](http://www.triplelakesrace.com/)

Make check payable to:  
On The Mark Sports

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Birthday \_\_\_\_\_ Age on race Day \_\_\_\_\_ Select One: Male Female

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Email \_\_\_\_\_

RACE CATEGORY/PRICE - SELECT ONE			RELAY – Each Team Member Should Complete A Separate Form. Submit All Forms Together		
	Before 9/1	On/After 9/1		Before 9/1	On/After 9/1
<input type="radio"/> Half Marathon	\$30.00	\$40.00	<input type="radio"/> Marathon Relay	\$30/person	\$40/person
<input type="radio"/> Marathon	\$50.00	\$60.00	<input type="radio"/> 40 Mile Relay	\$30/person	\$40/person
<input type="radio"/> 40 Mile Run	\$60.00	\$70.00			

Relay Team Name \_\_\_\_\_

T-SHIRT SELECT ONE	Shirts are <b>gender specific</b> . Please select the appropriate size.	
<input type="radio"/> Women's Small	<input type="radio"/> Men's Small	
<input type="radio"/> Women's Medium	<input type="radio"/> Men's Medium	
<input type="radio"/> Women's Large	<input type="radio"/> Men's Large	
<input type="radio"/> Women's XL	<input type="radio"/> Men's X-Large	

Signature (Parent if under 18 years of age)

Date

RACE WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race, including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act, waive, release, and will hold harmless On The Mark Sports, LLC, the City of Greensboro, The City of High Point, The Parks and Recreation Department, Guilford County, Scott Bassett, the race organizer, all other sponsors, and all the agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race. I grant the race organizers my permission to use any images taken of me in further publicity or advertising.

## LOCATION

Greensboro is centrally located in North Carolina. Greensboro is

- 90 miles north of Charlotte, NC
- 70 miles west of Raleigh, NC
- 320 miles north of Atlanta, GA
- 200 miles south of Richmond, VA

## AWARDS

- Top overall male/female
- Top age group/relays receive custom awards
- Finishers award for all finishers

## PACKET PICKUP/BAG DROP

Check the website for times/directions to early packet pickup and special needs bag drop. If you are running the 40 and want a Special Needs Bag placed on the course **you MUST drop it at early packet pickup on Friday.**

## RACE CAP

400 individual entries (40 Relay Teams)  
\* No Race Day Registration

## COURSE TIME LIMIT

Marathon:

8 Hour time limit (18:00 min. per mile pace)

40 Mile Run:

12 hour time limit (18:00 min. per mile pace)

## AID STATIONS/SPECIAL NEEDS

Marathon Aid stations are situated at several intervals along the course. Aid stations will contain water, sports drink, defizzed coke, pretzels and energy gels. Visit the website for specific aid stations intervals and contents.

40 Mile Runners will have the option to pack two special needs bag and we will make it available at Mile 19 and 30. **You MUST drop off your special needs bag at early packet pickup on Friday.**

## POST RACE

Enjoy plenty of post race hot food and drinks for all participants.

Cut & Return