



**2009 FIBArk RUNNING RACES: TRIPLE CROWN, TENDERFOOT HILL CLIMB,
5K AND 10K RUNNING RACE, AND 10K TRAIL RUN**

ENTRY FORM

INDIVIDUALS MUST FILL OUT THIS ENTRY FORM AND SIGN BOTH SIDES OF THE LIABILITY WAIVER.

NAME (FIRST) _____ (LAST) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ E-MAIL _____

D.O.B. ____/____/____ AGE ON RACE DAY _____ MALE _____ FEMALE _____

ONE T-SHIRT IS INCLUDED FOR EACH PARTICIPANT (5K, 10K AND TRAIL RUN RACES ONLY!)
SIZE: (ADULT) S ___ M ___ L ___ XL ___

TRIPLE CROWN COMPETE IN THE HILL CLIMB, 10K AND TRAIL RUN TO VIE FOR THE TRIPLE CROWN TITLE. ALL TRIPLE CROWN COMPETITORS WILL RECEIVE A TRIPLE CROWN T-SHIRT IN ADDITION TO THE FIBARK 'COMPETITOR' SHIRTS. TRIPLE CROWN CONTENDERS MUST RUN THE 10K ON SATURDAY.

TENDERFOOT HILL CLIMB Thursday, June 18 at 6pm

- PREREGISTER OR REGISTER ON RACE DAY BETWEEN 4:00 AND 5:45PM AT THE CORNER OF FIRST AND 'F' STREETS.
- AWARDS WILL BE GIVEN IMMEDIATELY AFTER THE RACE TO THE TOP THREE MALE AND FEMALE FINISHERS, OLDEST RUNNER, MIDDLE OF THE PACK AND ALL RUNNERS 15 YEARS OR YOUNGER.

5K and 10K RACES Saturday, June 20 at 8am

- PREREGISTER OR REGISTER ON RACE DAY BETWEEN 6:45 AND 7:45AM AT THONHOFF PARK ADJACENT TO THE CHAFFEE COUNTY COURT HOUSE (104 CRESTONE STREET).
- MEDALS WILL BE GIVEN IN AGE GROUPS AS BELOW FOR BOTH MALE AND FEMALE FINISHERS. AWARDS GIVEN TO THE TOP THREE MALE AND FEMALE FINISHERS OVERALL. AWARD CEREMONY WILL BE IN THONHOFF PARK FOLLOWING THE RACES.

CIRCLE YOUR AGE GROUP: <15, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

10K TRAIL RUN Sunday, June 21 at 8:00am

- PREREGISTER OR REGISTER ON RACE DAY BETWEEN 6:45 AND 7:45AM AT THE "F" STREET BRIDGE.
- AWARDS TO THE TOP THREE MALE AND FEMALE FINISHERS. AWARD CEREMONY WILL FOLLOW THE RACES.

REGISTRATION CLOSSES 15 MINUTES BEFORE EACH RACE BEGINS – NO EXCEPTIONS. PLEASE ARRIVE EARLY IF YOU PLAN ON REGISTERING THE MORNING OF THE RACE!

TRIPLE CROWN	\$45	\$ _____
TENDERFOOT HILL CLIMB	\$5	\$ _____
5K	\$22	\$ _____
10K	\$22	\$ _____
10K TRAIL RUN	\$25	\$ _____

TOTAL ENTRY FEES \$ _____

MAKE CHECKS PAYABLE TO 'CITY OF SALIDA RECREATION'

PLEASE BRING OR SEND YOUR ENTRY FORM(S), SIGNED LIABILITY WAIVER(S) AND ENTRY FEES TO:

<p>FIBArk Race Registration Salida Recreation and Hot Springs Aquatic Center 410 West Highway 50 Salida, CO 81201</p>
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