

**North Bend State Park**  
**31st ANNUAL RIDGE RUNNER RACES**  
**Saturday – June 6, 2009**

**USATF Certified 26.2 Mile Marathon and a 10 Mile Race**

The marathon course USA Track and Field Association certification number is USATF #WV-02017-RT.

**Course Description:** All courses begin and end in North Bend State Park. The altitude of the area ranges from 500 ft to 1300 feet above sea level. The first portion of the race is along winding paved roads, and returns back to the park along the North Bend Rail Trail, which is similar to a dirt/gravel road that is very flat and straight.

**Awards:** Trophies are awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place male and female winners of each race category and to the overall male and female winners of each race. All runners receive a tee shirt in their race packets (sizes upon a first come first serve basis).

**Marathon:** All finishers receive a medal and a certificate.  
**10 Mile:** Awards will be given to male and female overall winners.

**Female and Male Age Groups**

**For Marathon:** 17 & younger / 18 – 24 / 25–29 / 30–34 / 35–39 / 40–44 / 45–49 / 50–54 / 55–59 | 60 & older  
**Course Records:** Male – 2:50:15 | Female – 3:13:17

**Entry Fees:** Marathon and 10 Mile: \$35 by May 30, 2009 | \$40 after May 30, 2009  
**Registration:** Register online at [www.active.com](http://www.active.com) or download form at [www.northbendsp.com](http://www.northbendsp.com)

**Event Schedule:**

Friday, June 5, 2009	5 – 8 p.m.	Pasta Dinner, Lodge Restaurant (not included in race fee).
	6 – 9 p.m.	Race Packet Pick-up, Lodge Lobby for those pre-registered.
	7:30 p.m.	Race Clinic, Lodge Conference Room – Pre-race, race and post race tips. Q&A session.
Saturday, June 6, 2009	5:00 a.m.	Continental breakfast in Lodge Lobby, included in race fee.
	6 – 8 a.m.	Race Registration Lodge Lobby
	6:00 a.m.	Marathon EARLY Start for those needing 4 hours or more)
	7:00 a.m.	MARATHON – START from Maintenance Shop
	9:00 a.m.	10 MILE RACE – START from Lodge

**Awards at finish lines:** **Marathon:** Amphitheater | **10 Mile:** Amphitheater  
Note: The official 7:00 AM start time runners are given preference on awards.

**Results:** Results will be mailed or e-mailed to all participants upon request.

**Services:** Stations offering water and Gatorade brand sports drink will be in place approximately every two miles throughout the marathon and 10-mile courses. Water, Gatorade, bagels and citrus fruit will be available at the finish line for runners. Van service is available from the finish line area to the lodge. Police and paramedics will be on stand-by. Showers are provided at the Campground Bathhouse, Swimming Pool and Lodge for all runners.

**Accommodations:** **North Bend State Park – 304-643-2931 or 800-CALL WVA – [www.northbendsp.com](http://www.northbendsp.com)**

**Lodging nearby:** **Harrisville** – Heritage Inn, 304-643-2938 | The Log House at Sweet Trees, 304-643-4726  
**Pennsboro**– Legacy Inn, 304-659-3551  
**Cairo** – Log House Homestead, 304-628-3249