

Ridge Runner Application

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Sex M F Age _____

Race in which you would like to enter (**circle one**)

10 mile

26.2 marathon

T-Shirt size (**circle one**) S M L XL

Entry Fees **\$30.00 for either race by May 1, 2008**

\$35.00 for either race after May 1, 2008

Total Amount Enclosed \$ _____

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 event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat or humidity, traffic and condition of the road, and 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 acting on my behalf, waive and release West Virginia State Parks and Recreation, North Bend State Park and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Parents Signature if under 18 _____ Date _____

Emergency Contact: Name _____ Phone _____

Send Applications to: [North Bend State Park](#)

Attn: Jennifer

Rt. 1 Box 221

Cairo, WV 26337

304-643-2931

30th Annual Ridge Runner Races

Saturday, June 7, 2008

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

All Courses begin and end in the park. The altitude of the area ranges from 500' to 1300' 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 which is very flat and straight.

Trophies will be awarded to the overall male and female winners of each race. All runners will receive a T-Shirt in their race packets (sizes are given on a first come first serve basis).

Marathon finishers will receive a medal and a certificate.

10 Mile awards will be given to male and female overall winners.

Friday 6/6/08

Race Packet Pick – Up 6 p.m. – 9 p.m.

For those pre – registered

Pasta Dinner 5 p.m. – 8 p.m.

Race Clinic – 7:30 p.m.

Pre – race, race and post race tips and Q&A time.

Saturday 6/7/08

Race Registration 6 a.m. – 8 a.m.

Marathon – 7 a.m. start

10 Mile – 9 a.m. start

Other Info:

Water Stations are approximately 2 miles apart.

Van shuttles will be available after race to transport runners to the lodge.

[North Bend Lodge Rooms available](#)

Register for the race, on-line at www.active.com

Course Record **Male 2:50:15** **Female 3:13:17**