

# *Kal-Haven 33.5 mile Ultra Trail Run*

## *RRCA State Ultra Championship*

Saturday March 28, 2009

Start Time 8:00 A.M.

Course closes at 3:00 P.M.



### **START**

Kal-Haven Trail Head, North 10th Street, Kalamazoo, MI (1.5 miles North M 43, 1/4 mile West of US 131)

### **FINISH**

Kal-Haven Trail Head, Bailey Street, South Haven, MI (2 miles North of M 43, West on Wells Street)

### **COURSE RECORDS**

#### **Solo runner records by categories:**

**Female record open** - 4:24:01 2008 Erin Lumbard

**Female record masters** – 4:33:21 2005 Peggy Zeeb

**Male record** - 3:44:45 2008 Nic Gatlin

**Male record masters** – 3:51:46 1996 Jim Maher\*

**Male record grand masters** – 4:17:20 2008 Kevin Rabineau

\* Due to changed termination point in South Haven old course was approximately .3 mile shorter.

### **FINISH LINE**

**Refreshments and age group (10 year) awards at 3:00 P.M.**

(Or earlier if the last participant has finished)

### **ADDITIONAL INFORMATION:**

[www.kalamazooarearunners.com](http://www.kalamazooarearunners.com) FAQ and/or Terry Hutchins (269) 375-5316 [tkhutchins@chartermi.net](mailto:tkhutchins@chartermi.net)

Solo runners not competing for age group awards may start earlier than 8am.

Please inform Terry (Race Director) or Julie (Volunteer Coordinator) before you start. Keep in mind that Aid stations will not be setup until after 8:00 a.m.

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## **REGISTRATION AND ENTRY FORM**

To guarantee a shirt registration must be received by March 18, 2009

All ENTRIES ARE DUE BY March 25, 2009

**Proceeds to support Greater Kalamazoo Girls on Track (a program of Greater Kalamazoo Girls on the Run)**

Registration available online through SignMeUp at [www.kalamazooarearunners.com](http://www.kalamazooarearunners.com) or

Send completed form with **\$20.00 race entry fee** (participants may include additional donation for GOT if desired)

Check: Kalamazoo Area Runners

Terry Hutchins

6397 Killington

Kalamazoo, MI 49009

Last Name		First Name		Address		City					
State		Phone Number		Male	Female	Age on 3/28/2009	Shirt size	XL	L	M	S
Zip				Will you need transportation back to Kalamazoo?		Yes	No				

In consideration of accepting my registration form, I have full knowledge of the risks involved and am physically fit to participate in this event. I hereby agree for myself, my heirs, executors, and administrators, to waive and release all rights and claims for damages I may have against Van Buren County, the Kalamazoo Area Runners, its event sponsors, officers, directors and members and their agents, representatives, successors and assignees for any and all injuries suffered by me as a result of participation in this event, or which may arise out of my traveling to, participating in or returning from such event. Further, I agree to indemnify and hold harmless the Kalamazoo Area Runners, event sponsors, members, officers and directors from any liability or expense resulting from my participation in this event. I understand that KAR is not responsible for the condition of the Kal-Haven Trail and I should expect possibility of snow, ice, pot-holes, fallen trees and animals on or along the trail. I understand I must use caution when crossing driveways and roads. I also authorize the Kalamazoo Area Runners to utilize any photographs and/or video recordings of my participation in any Kalamazoo Area Runners program or event for any and all purposes.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**Please** make a copy of this form for your records! All applicants must sign this form and submit it prior to the event.