

LAND BETWEEN THE LAKES TRAIL RUNS

23k, Marathon, 60k, and 50 miles

Grand Rivers, KY

Saturday, March 8, 2008 6:00 A.M. start

www.wkrc.org

Participation is limited to 300. Entries accepted on a first received basis.

ENTRY FEES: 23K - \$50*; Marathon - \$55*; 60K - \$60; 50mile - \$65

Fee includes cool max shirt and running cap for all entrants; quality key chains for 23k and marathon finishers, and custom belt buckle for 60k and 50 mile finishers.

*2007 WKRC Members receive a \$5 discount on entry fee.

If postmarked after February 1, add \$15/ entry. NO REFUNDS.

Please sign up early to insure award, shirt, and cap on race day!

Name _____ Sex: M F Age on 3/8/08 _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email Address _____

Shirt size: S M L XL note: High quality cool max shirts.

Number of ultras completed _____

Event: - please circle -- 50 mi; 60K; Marathon; 23K

Race entry fee: \$ _____

Pasta Buffet Dinner will be \$10 – **pay at the door** – how many will attend? _____ DO NOT PAY NOW

Make checks payable to:

**West Kentucky Runners Club,
150 Ballard Circle, Paducah, KY 42001**

Note: After March 1 use active.com for registration

Waiver: In consideration of acceptance of this entry, I release for myself and my heirs, the WEST KENTUCKY RUNNERS CLUB, the Road Runners Club of America, the Land between the Lakes National Recreation Area, the City of Grand Rivers, and any sponsor or organizer of this race, from all claims, demands, liabilities, damages, or causes of action, of any nature, including claims from death, injury, or illness, arising out of my participation in the Land between the Lakes Ultra and Half Marathon Trail Run. I state that I have trained and am in proper physical condition to participate in this event. I hereby grant full permission to use my name and any photographs, videotapes, or other record of this event for any purpose. Furthermore, I grant irrevocable permission to race management to remove me from the event, at any time, for any reason whatsoever, solely at race management's discretion.

Signature: _____ Date _____

Minimum age of participation: 18 years on 3/08/08 or Parent or Guardian must sign for under 18.