

# San Juan Solstice 50 Mile Run

Saturday, June 19th, 2010, 5 AM

Lake City, Colorado • [www.lakecity50.com](http://www.lakecity50.com)

To Benefit Lake City's Volunteer EMTs



## PLEASE TAKE NOTE:

The San Juan Solstice 50 Mile is one of the best runs you'll ever do; however, it is not casual.

You will spend a long time above 12,000' in areas that are remote and which require route-finding vigilance. The trail will be marked as well as possible, but there are zillions of starving, marker-crazed marmots up there, and there is always the distinct possibility of becoming deranged by hypoxia, weather, or simple beauty and wandering off course into another county or state.

Please know that the following REAL dangers may exist and may affect the longevity of your life: flooded streams to cross; high, steep snow-fields to descend and traverse; THUNDER-STORMS during the nearly twenty miles of running on exposed, high ridges; blizzards; and jeepers, bikers, hikers, and big dangerous animals. In short, you should have some mountaineering/backcountry experience, as well as a few screws loose.

## START:

5:00 AM, Town Park, Lake City, CO. 55 miles south of Gunnison, CO.

## REGISTRATION OPTIONS:

Online at our website, or use this form, or Friday the 20th, 5 - 7:30 PM, at the Armory.

## COURSE:

One counter-clockwise loop; altitudes ranging from 8,600' to 12,800'; 12,000'+ elevation gain; mostly trails, some jeep roads, and 1 m. of paved. Middle-of-pack runner: expect 12-14 hours. 16:00 cut-off.

## AID:

6 stations with the works; 2 more water stops.

## AWARDS:

First, second, & third place, men's & women's overall and top three in each age group.

Also, awards to:

Mutant - sub 10:00

Cannibal - sub 12:00

Survivor - sub 16:00

## PRE & POST-RACE:

Pre-race dinner Friday evening and awards breakfast Sunday morning included in entry fee.

Guests \$12 extra per meal.

## ENTRY FEES:

\$100 postmarked by May 15th, \$110 thereafter. Non-refundable.

Cancelled check is your confirmation or check the entrants list on the website.

## FOR FURTHER INFO:

Please check the website at [www.lakecity50.com](http://www.lakecity50.com) or email us at [info@lakecity50.com](mailto:info@lakecity50.com).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: H: \_\_\_\_\_ W: \_\_\_\_\_

Age on race day: \_\_\_\_\_ Sex: M F Email: \_\_\_\_\_

Must list a completed trail ultra: \_\_\_\_\_

Name, Phone & Address for Emergencies: \_\_\_\_\_

Any medical problems? \_\_\_\_\_

Shirt Size: (Separate Mens & Womens sizes) S M L XL

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

## DISCLAIMER:

As a participant, for myself and my heirs, executors, and administrators, I hereby waive and release any and all right and claims for damage which I may have against the San Juan Solstice 50 Mile, its organizers, its sponsors, volunteer groups or individuals, and the United States. I am physically fit and prepared for this event, and I accept all risks and responsibilities associated with the event. I accept all of the rules, conditions, and regulations of this run and its authorized agents, and I will faithfully comply with them. Finally, I hereby irrevocably grant my permission to the San Juan Solstice 50 Mile organizers and their agents to record and use such recordings of my participation in the event in any way, including photographs and video. I understand that I am liable for any and all costs incurred for any rescue operations or medical care needed if I become injured, lost, forget to check in or out of aid stations, or fail to notify the organizers should I drop out of the event.

Please make checks payable to San Juan Solstice 50, P.O. Box 771, Lake City, CO 81235