

THE GRASSLANDS RUN



Who: Presented by North Texas Trail Runners
Race website: www.nttr.org
Race Directors: Kevin and Stacie Boudreaux,
grasslands@nttr.org

What: 50-mile, Marathon, and Half-Marathon.
Trail is a cloverleaf configuration with the start/finish located in the center. Four different loops accessing the central aid station and drop bag location at the start/finish of each loop. (detailed info and map for each race on website)

When: March 20, 2010 Saturday
50 mile trail race - start 7:00 am
Trail Marathon - start 7:15am
Half Marathon – start 8:30am

Where: LBJ National Grasslands near Decatur, Texas (directions on website).
Call 940-627-5475 for park info. Lodging is fifteen miles away in Decatur at Ramada 940-627-6262, Best Western 940-627-5982 and more.

Aid: Aid stations will be located approximately every 4-6 miles. (details on Aid Stations on website)

Free Stuff: Patagonia technical trail shirts to all entrants! Run completion awards will be presented at the finish line. Winners receive more stuff!

50mile Cut-Off: 50 milers must complete loop three by 5PM to begin the final loop.

Make checks payable to: **North Texas Trail Runners**
Mail to: Dave Billman 1110 Misty Oak Lane Keller, TX 76248

Online Entries: www.active.com ***Entries Close Mon March 13 NO RACE DAY ENTRY!!***

Shirt Size: Please circle one only (to be guaranteed shirt size, register prior to Feb 13th)
(to be guaranteed a shirt, register before March 1st)

Mens'- XS S M L XL XXL

Womens'- XS S M L XL XXL

Entry Fees: **circle one**

| Race | Before Feb 13th | After Feb 13th |
|---------------------------|-----------------------------------|----------------------------------|
| 50miler (limit 100) | \$60 | \$80 |
| Marathon (limit 100) | \$50 | \$70 |
| Half-Marathon (limit 300) | \$40 | \$60 |

Name: _____ Age: _____ Sex: _____

Address: _____

City: _____ State _____ Zip: _____

Phone: _____ Fax: _____ Email: _____

WAIVER: By signature, I attest that I am physically fit and sufficiently trained to participate in this event. I have full knowledge of the risks involved. I further acknowledge that the race course contains uneven surface conditions, including, but not limited to, tree roots, streams, rugged terrain, and mud which may create a risk; I further acknowledge that as part of the race is on public roads and that vehicular traffic may be encountered, and I accept these risks. Therefore, in consideration of the acceptance of my entry, I for myself, my heirs, my executors, and administrators waive any and all rights and claims for damages I may have against the North Texas Trail Runners Club, race sponsors, the LBJ National Grasslands, and any individuals associated with this event and will hold them harmless for any and all injuries I may suffer in conjunction with this event. I HAVE READ AND UNDERSTAND THIS LIABILITY RELEASE.

Entrant's Signature: _____

Date: _____