

14TH ANNUAL HOLCOMB VALLEY TRAIL RUN 33 & 15 Mile BIG BEAR LAKE, CA

JUNE 13, 2010

LIMIT 200 RUNNERS

TIME: 7:00 A.M 33-MILE RUNNERS 7:30 A.M 15-MILE RUNNERS
Both events will have a staggered wave start, which is required by the Forest Service. Times will be adjusted accordingly at the finish line. Space is provided on the entry form if you would like to run with someone or be in a certain wave, otherwise we will put you in a wave of our choice. Waves are based on prior race times.

START/FINISH: Meadows Edge Picnic Area in Big Bear Lake, Ca.

COURSE: Beautiful loop course on Forest Service Roads and the Pacific Crest Trail in the San Bernardino Forest. Awesome views of Big Bear Lake.

CUT OFF: 10-hour time limit. 33-mile runners must be thru aid station #5 by 12:45 p.m. (20.8 miles)

AID: 7 well stocked aid stations (3 for 15-mile) water, sports drink, chips, homemade cookies and more. Lots of food and drinks provided at the finish line for runners and volunteers only.

DROP BAGS: Station 4 (14.9 miles) Station 7 (27.5) 33-mile runners only!

AWARDS: Both events 1st thru 4th overall male & female, 1st place age group male & female. (18-29) (30-39) (40-49) (50-59) (60-69) (70+) Finishers awards to all that finish.

INFO: **ENTRIES LIMITED TO 200. NO RACE DAY ENTRIES, NO REFUNDS, NO TRANSFERS**
ALL ENTRIES MUST BE POST MARKED BEFORE MAY 31ST
RUNNERS MUST BE AT LEAST 18 YEARS OF AGE.
EACH PARTICIPANT WILL RECEIVE A RACE READY LONG SLEEVE COOLMAX SHIRT

FEE'S: 33-MILE \$70.00 postmarked by May 15th \$85.00 thereafter
15-MILE \$55.00 postmarked by May 15th \$75.00 thereafter

RACE DIRECTORS: Gary & Pam Kalina raceinfo@holcombvalleytrailruns.com
P.O. Box 3239 www.holcombvalleytrailruns.com
Big Bear City, Ca. 92314 909-584-7925

A portion of the proceeds will be donated to Bear Valley Search & Rescue

PLEASE PRINT CLEARLY

CIRCLE ONE: 33-MILE 15-MILE MALE FEMALE UNISEX SHIRT SIZE: XS S M L XL AGE ON RACE DAY _____

BEST 33-MILE TIME: _____ BEST 15-MILE TIME: _____ FIRST 15 OR 33 ? _____ PHONE _____

LAST NAME _____ FIRST NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

E-MAIL _____

EMERGENCY CONTACT & NUMBER _____

WAVES ARE BASED ON PRIOR TIMES. IF YOU WANT TO RUN WITH SOMEONE OR IN A CERTAIN WAVE, PLEASE INDICATE HERE.

We will try to accommodate you. To be in the same wave you must be running the same distance.

I hereby for myself and my heirs, executors and administrators waive and release any and all rights and claims for damages of every kind and nature, whether known or unknown that I may have against the race directors, Big Bear Running Club, US Forest Service, all sponsors and volunteers for any and all injuries suffered by me in the 2010 Holcomb Valley Trail Run or while traveling to and from the event. I acknowledge that participation in the event is a potentially hazardous activity. I agree to comply with all the rules and regulations and event instructions and understand race directors reserve the right to make any event changes at anytime. Race directors along with volunteers reserve the right to remove a runner from the course at anytime if they feel the runner is unable to continue for any reason. I verify that I am physically fit and have sufficiently trained for the completion of this event and a medical doctor has verified my physical conditions.

SIGNATURE _____ DATE _____

Checks payable to: Gary Kalina P.O. Box 3239 Big Bear City, Ca. 92314

REMEMBER LAST YEAR WE SOLD OUT EARLY, SO GET YOUR ENTRIES IN ASAP

ALL ENTRIES MUST BE POSTMARKED BY MAY 31, 2010

A CONFIRMATION LETTER WILL BE SENT TO ALL PARTICIPANTS VIA E-MAIL OR SNAIL MAIL. PLEASE PRINT CLEARLY!!