

16TH SANDRAT TRAIL RUN

SUNDAY, OCTOBER 5, 2008, 8:30 AM--APPROX. 9.5 MILES

The Sandrat Trail Run will be approximately 9.5 miles along the Kansas River, on scenic, winding, and sandy trails. The exact distance will be announced on race day. The start/finish is near John Taylor Park, near N. 7th St. & Elm in North Lawrence. There will be water stations at 3 miles and 6 miles. There will also be a 1k (.6 mile) fun run for the "Rug Rats" following the trail run. (Approx.10:30)

ENTRY FEES:

Early (received by Sept. 25): \$20

Late (received Sept. 26--Oct. 4): \$25

Race day (7am --8:00 am): \$30

There is no charge for the Rug Rat Run. You may also register online at www.active.com. Race day registration and packet pick up begins at 7:00 am near the start/finish area. Registration ENDS PROMPTLY at 8:00 am. All early entrants will receive a long sleeve Sandrat Trail Run t-shirt. To be assured of receiving a t-shirt, we must receive your entry by Sept. 25th.

EARLY PACKET PICK UP & LATE REGISTRATION

Pre-registered runners are encouraged to pick up packets at Garry Gribble's Running Sports in Lawrence, at 839 Massachusetts, on Saturday, October 4th, from 1:00 pm until 5:00 pm. You may also register at this time.

AWARDS:

The famous "rat trophies" will be awarded to the 1st overall and 1st age-graded master male & female finishers, and to the top runners in 5-year age groups. The number of awards in each age group will be determined by the number of pre-registered runners. Awards will be presented immediately after the Rug Rat run. All Rug Rats under 12 years old will receive a ribbon.

NOTE: KSHSAA rules prohibit Kansas high school cross country runners from participating in outside competition such as the Sandrat Trail Run during cross country season, and from wearing Sandrat Trail Run t-shirts during competition.

The Sandrat Trail Run is an official event in the Kansas City Area (Trail Nerds) Trail Series. For more information, go to www.psychowyc.com. Food and drink will be provided after the race. Please help us determine how much we will need by entering early.

DIRECTIONS:

From the East Lawrence turnpike exit: Go left (south) on US 59 Highway to Elm Street (just before crossing the Kansas River). Turn left (east) on Elm to North 7th Street. Turn right (south) and go 1/2 block to John Taylor Park.

From Downtown Lawrence: Go north across the river bridge and turn right (east) on Elm Street (first street north of the river), to North 7th Street. Turn right (south) and go 1/2 block to John Taylor Park.

For more information, contact Steve Riley at (785) 842-4351, smriley@sunflower.com.

SANDRAT TRAIL RUN REGISTRATION FORM

(One person per entry form. Photocopies acceptable.)

You may also register online at www.active.com

Name (Last, First) _____ Age _____ Sex _____

Street _____ City _____ State _____ Zip _____

Phone(_____) _____ E-mail _____

T-shirt (not guaranteed after 9/25) S _____ M _____ L _____ XL _____ XXL(add \$3) _____ **TOTAL AMOUNT ENCLOSED: \$ _____**

I know that running a road race / trail race is a potentially hazardous activity. I know that I should not enter and run unless I am medically able and properly trained. Knowing these facts and in consideration of your accepting my entry, I hereby for myself, my heirs, and executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge Steve & Marcia Riley, any and all race sponsors, officials, volunteers, local and state authorities including any and all of their agents and employees, assigned, or anyone acting in their behalf, from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of the course of my participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen, known or unknown. Applications for minors accepted only with a parent's or guardian's signature. Race organizers reserve the right to refuse any entry for any reason. I understand that this event may be cancelled or postponed due to extreme conditions. I also understand that my entry fee is non-refundable, and non-transferable.

Signature _____ Date _____

Parent or Guardian's Signature if under 18yrs _____

Send this form and a check for the correct amount (payable to Sandrat Trail Run) to: Sandrat Trail Run, C/O Steve Riley, 3021 Sage Brush, Lawrence, KS 66047