

1ST ANNUAL
CLINTON CROSS COUNTRY
CHALLENGE
5 MILE & 2 MILE CROSS COUNTRY RUNS
"CROSS COUNTRY AS IT WAS INTENDED"
NEW YEAR'S DAY! SUNDAY, JANUARY 1, 2006, 1:00 PM

Join us at Clinton State Park, Lawrence, KS, for the 1st Annual Clinton Cross Country Challenge.

COURSE DESCRIPTION: "True cross country!" Mostly wide, grassy trails, with several major hills, shallow stream crossings, a short single-track trail section, possible mud, snow, ice, etc. The course runs through scenic woods, grassland, & streams. The 5 mile goes past a historic one-room school, with a hilltop view of Clinton Lake and Lawrence.

START TIMES: 2 Mile: 1:00 pm 5 mile: 1:30 pm

Pre-registration cost is \$12. Race-day entry is \$17. Sign up for one race and run the 2nd one for an additional \$5. Race-day entry begins at noon and **ends promptly** at 1:00 pm for both races. You can also enter online at www.active.com.

All vehicles entering Clinton State Park will be required to have a permit. Daily permits are \$5.50 per vehicle. This cost is not included in the race entry fees. Alternatively, runners can park without a fee in the overlook area near the Corps of Engineers' office and run or car pool approximately 2 miles to the start/finish area.

AWARDS and AGE GROUPS will be determined by the number of pre-registered runners. Food and drink will be provided after the race. If it's cold, we'll have a raging fire in the shelter fireplace.

DIRECTIONS: Clinton Lake is just west of Lawrence. From Highway K-10, take the Clinton Parkway exit (This is the west end of Clinton Parkway.) Follow the signs to Clinton State Park. After passing the park entrance booth, continue west another ½ mile, turn left into the picnic area, and follow the road to the registration/start/finish area.

FOR MORE INFORMATION: Contact Steve or Marcia Riley, (785) 842-4351, srmriley@sunflower.com.

CLINTON CROSS COUNTRY CHALLENGE REGISTRATION FORM

(One person per entry form. Photocopies acceptable.)

You may also register online at www.active.com

Name (Last, First) _____ Age on Race Day _____ Race Entered: 2 Mile _____ 5 Mile _____

Street _____ Sex: Male _____ Female _____

City _____ State _____ Zip _____

Phone (_____) _____ E-mail _____ Amount Enclosed: \$ _____

I know that running 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, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all of their agents, 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. Applicants for minors accepted only with a parent or guardian's signature. Directors reserve the right to refuse entry to anyone for any reason. I understand that this event may be cancelled or postponed due to extreme conditions, and that my entry fee is non-refundable and non-transferable.

Signature _____ Date: _____

Signature _____ Date: _____

PARENT OR GUARDIAN'S SIGNATURE **IF UNDER 18 YRS.**

Send completed form to:

Steve Riley

3021 Sage Brush Drive

Lawrence, KS 66047