

Ridge Runner Races Application Form

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____
Email _____
Sex M F AGE _____

Race in which you would like to enter: (Circle One)
10 Mile 26.2 Mile Marathon

T-shirt size: (Circle One) S M L XL

Entry Fees: \$30.00 for either race by May 1, 2008
\$35.00 for either race after May 1, 2008

Total Amount Enclosed: \$ _____

Race Waiver

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat or humidity, traffic and the condition of the road, and such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone acting on my behalf, waive and release West Virginia State Parks and Recreation, North Bend State Park and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Parents Signature if under 18 _____ Date _____

Emergency Contact: Name _____ Phone _____

Send Applications to: North Bend State Park, Attn: Jennifer Cogar

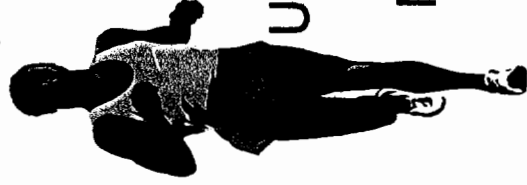
Rt. 1 Box 221

Cairo, WV 26337

NORTH BEND STATE PARK

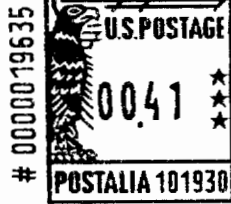
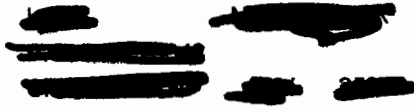


RIDGE RUNNER RACES



USATF Certified
26.2 Mile
Marathon and
10 Mile Race

North Bend State Park
Rt. 1 Box 221
Cairo, WV 26337



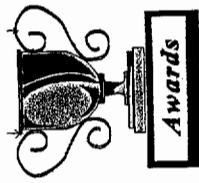
West Virginia's
Toughest's Marathon
Saturday - June 7, 2008

30th Annual Ridge Runner Races Saturday, June 7, 2008

Information

Marathon Certification: The marathon course USA Track and Field Association certification number is USATF #WV-02017-RT

Course Description: All courses begin and end in the park. The altitude of the area ranges from 500' to 1300' above sea level. The first portion of the race is along winding paved roads, and returns back to the park along the North Bend Rail Trail which is similar to a dirt/gravel road which is very flat and straight.



Awards: Trophies will be awarded to the overall male and female winners of each race. All runners will receive a T-shirt in their race packets (sizes are given on a first come first serve basis). **Marathon:** all finishers will receive a medal and a certificate. **10 mile:** awards will be given to male and female overall winners.

Entry Fees: Marathon and 10 K

\$30.00 by May 1, 2008
\$35.00 after May 1, 2008

Times: Friday 6/6/08

Race Packet Pick-up - 6 - 9 pm

For those pre-registered

Pasta Dinner - 5 - 8 pm

Race Clinic - 7:30 pm

Pre-race, race and post race tips and Q&A time.

Saturday 6/6/08

Race Registration - 6 - 8 am

Marathon - 7:00 am start

10 Mile - 9:00 am start

Places:

Registration/Package Pick-up

Lodge Lobby

Pasta Dinner

Lodge Restaurant

Race Clinic

Lodge Conference Room

Starting Lines

Marathon-Maintenance Shop

10 Mile - Lodge

Showers

Campground Bathroom

Finish Lines

Marathon- Amphitheater

10 Mile - Amphitheater

Awards - Finish line

Services: Stations offering water and Powerade brand sports drink will be in place approximately every two miles throughout the marathon and 10 mile courses. Water, Powerade and citrus fruit will be available at the finish of all races. Showers will be available to all runners. Van service is available from the finish line area to the lodge. Police and paramedics will be on stand-by.

Water stops will be provided every two miles.

Accommodations: North Bend State Park offers a 29 room lodge and camping. Please call 304-643-2931 or 1-800-CALL-WVA for more information.

Other information: Results will be mailed or e-mailed to all participants upon request.

Course Records:

Male - 2:50:15 Female - 3:13:17

Early Start: An early start for the Marathon is available at 6:00 am for runners that need 4 hours or more

NOTE = Official 7:00 am start
time runner are given preference on awards.

Male and Female Age Groups for Marathon

17 and under	40 - 44
18 - 24	45 - 49
25 - 29	50 - 54
30 - 34	55 - 59
35 - 39	60 and over

Phone Numbers of Nearby Lodging

North Bend State Park
Park Lodge (1-800-CALL-WVA)

Harrisville

Heritage Inn (1-304-528-7944)

Pennsboro

Rose Hill Inn (1-304-659-3488)

Parkersburg

Holiday Inn (1-304-485-6200)

