

# SEHGAHUNDA MARATHON REGISTRATION

FLEET FEET  
*Sports*

# SEHGAHUNDA

Trail Marathon and Relay

2010

**SATURDAY, MAY 29, 2010**  
**LETCHWORTH STATE PARK**

| PRE-REGISTRATION                | BY 5/01 | AFTER 5/01 |
|---------------------------------|---------|------------|
| SOLO TRAIL MARATHON             | \$45    | \$55       |
| RELAY TRAIL MARATHON (2 PEOPLE) | \$60    | \$80       |
| RELAY TRAIL MARATHON (4 PEOPLE) | \$120   | \$160      |

NO DAY OF REGISTRATION

### PACKET PICK UP:

AVAILABLE AT PARADE GROUNDS IN PORTAGEVILLE  
ON FRIDAY 5/28 5 – 7PM AND ON RACE DAY  
SATURDAY 5/29 6:00 – 7:15AM.

### INCLUDES:

AMB CHIP TIMING AND 7 AID STATIONS (FOOD AND FLUIDS), BUSING FROM PARADE GROUNDS TO START AT MT. MORRIS DAM, HOODED SWEATSHIRTS FOR SOLO PARTICIPANTS, LONG-SLEEVE COTTON TEE-SHIRTS FOR RELAY PARTICIPANTS, FINISHER PRIZE, POST RACE FEAST AND AMAZING SCENERY

**8:00AM: SOLO START**

**8:30 AM: RELAY START**

**TIME CUTOFF: 4PM**

**- CHECKPOINT CUTOFFS AT AID STATIONS -**

**BUS LEAVES FOR MT MORRIS DAM**

**STARTING LINE AT 7:15AM**

**(TRANSPORTATION FROM PACKET PICKUP  
TO RACE START IS PROVIDED)**

**WWW.SEHGAHUNDATRILMARATHON.COM**

FOR MORE INFORMATION: 585-732-1090 OR  
EMAIL: SEHGAHUNDATRILMARATHON@GMAIL.COM

SPONSORED BY:

**YELLOWJACKET**  
Racing

**FLEET FEET**  
*Sports*

**SALOMON** 

# SEHGAHUNDA MARATHON REGISTRATION

TEAM NAME: \_\_\_\_\_

FILL OUT ONE FORM PER PARTICIPANT FOR RELAY TEAMS.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

GENDER: M F (CIRCLE ONE) AGE ON RACE DAY: \_\_\_\_\_

SHIRT SIZE: S M L XL (CIRCLE ONE)

|  |                               |                                |                                |
|--|-------------------------------|--------------------------------|--------------------------------|
| <b>WHICH RACE?<br/>(CHECK ONE)</b>           | <b>SOLO<br/>MARATHON</b><br>➤ | <b>2 PERSON<br/>RELAY</b><br>➤ | <b>4 PERSON<br/>RELAY</b><br>➤ |
| <b>RELAY TEAM: WHICH RELAY? (CIRCLE ONE)</b> |                               |                                |                                |
| <b>ALL MALE</b>                              | <b>ALL FEMALE</b>             | <b>50/50 M/F</b>               |                                |

**AWARDS:** OVERALL MALE AND FEMALE, FIRST 3 SOLO MALE/ SOLO FEMALE IN (19 AND UNDER, 20-29, 30-39, 40-49, 50-59, 60-69, 70 UP). RELAY OVERALL (MALE, FEMALE, MIXED) 1ST IN EACH CATEGORY (PLEASE NOTE THAT 2 PERSON TEAMS WILL BE COMPETING IN THE SAME CATEGORY AS 4 PERSON TEAMS. FOR EXAMPLE: 2 PERSON FEMALE TEAMS WILL BE COMPETING AGAINST 4 PERSON FEMALE TEAMS OR 2 PERSON MIXED VS. 4 PERSON MIXED).

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## MANDATORY WAIVER (SIGNATURE REQUIRED)

**SOLO RUNNERS MUST CARRY 16 OUNCES OF FLUID AT ALL TIMES. NO HEADSETS, BABY STROLLERS, OR DOGS ALLOWED IN RACE.** I know that running a trail 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 the decision of the race officials relative to my ability to safely complete the event. I assume all risks associated with running/walking this event including, but not limited to, falls, contact with other runners, the effects of the weather, including high heat and/or humidity and the conditions of the course, all such risks being known and appreciated by me. I grant permission to the organizing groups to use any photograph, motion pictures, or recordings of my taking part in this event for any legitimate purpose. Having read this waiver acknowledging these facts and in consideration of you accepting my entry, I for myself, and everyone entitled to act on my behalf, waive and release YELLOWJACKET RACING, Race Directors, Volunteers, Town of Mt Morris, and any and all race sponsors from any claims or liabilities of any kind arising out of my participation in this event. I understand that all entry fees are nonrefundable. I have read this waiver and certify my compliance and agreement with its content with my signature. If I do not return the chip I will be charged \$90.

Runner Signature: \_\_\_\_\_

If under 18, Parent/Guardian: \_\_\_\_\_

**MAKE CHECKS PAYABLE TO: YELLOWJACKET RACING  
MAIL FORM AND ENTRY FEE TO: FLEET FEET SPORTS,  
ATTN: SEHGAHUNDA MARATHON, 2210 MONROE AVE.,  
ROCHESTER, NY 14618**