

Blue Springs Runners' Distance Classic

Longview Lake Trail

Half & Full Marathon

and Four Person Marathon Relay

Formerly the "Blue Springs 50/50"

All courses measured and certified.

7AM Sunday October 30, 2016. Early start at 6AM.

Start: from I-70 or highway 40 drive south on interstate 470, take exit 4, Raytown Road exit, south to Longview Road, then east. follow race signs to the start of the Longview Lake Trail.

Packet pickup/registration Saturday 5 to 7 pm at Fazoli's 810 Highway 40, Blue Springs MO, just west of Highway 7

WAIVER: 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 assume any and all risks associated with running this event, including but not limited to falls, ticks, contact with other participants, bad weather, freezing weather, and poor footing, all such risks being known and appreciated by me. 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, release, and discharge the Race Committee, Louis Joline, The Blue Springs Runners, Jackson County, parking lot owners, race sponsors and race volunteers, from any and all Claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. (All team members must sign below).

SIGNATURE: _____

Fees: Solo \$35, \$40 Race day, Relay runners \$16 each, \$20 race day. Includes Shirt.

SOLO RUNNERS MUST FILL IN THE FOLLOWING:

Name: _____ **Sex:** _____ **Date of Birth** _____ **FEES:** \$ _____
Address: _____ **City:** _____ **Shirt size:** _____
State: _____ **Zip:** _____ **Email:** _____
Phone home: _____ **Work** _____ **Event:** **Marathon** __ **½ Marathon**__ **Relay** __

Relay Runners: Sex Age Phone Run Fee Shirt size Signature

1 _____
2 _____
3 _____
4 _____

Name of this relay team: _____

Register on-line at WWW.ENTER2RUN.COM

Make checks to: Blue Springs Runners. Questions: (816) 679-8185

Mail to Louis Joline, 64-Anchor Dr., Lake Tapawingo, MO 64015, ljoline@aol.com.

There will be awards for the first place male and female winners in each event. Certificates of completion upon prior request. Use as a qualifier for another race is up to the director of that race.