

DUDE, WHERE'S THE TRAIL?

8AM SUNDAY NOVEMBER 12, 2017

Start location: south Lake Jacomo Marina on Beach Rd, off of Colbern Rd.

An amusing 50k solo trail run around 2 lakes in Jackson county Missouri. Options: can be run as a two person relay., 33K (20.7 mile), 3-leg Bill Smith sampler (legs 1,2,6) same fee. All distances approximate, one great big loop, see bison, elk, turkey, meadows, woods, hills, trails, roads, 10 miles bushwhacking, a maze to confuse you, great views.

Is this a run for you? If in doubt, call Louis Joline 816-679-8185 to discuss the race course. No course maps or course descriptions are available before packet pickup. Finish times range from 5 hours to over 10 hours.

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

This is a noncompetitive event. Run it with a friend. Groups of 1 to 5 will start at one time. Maps, aid and a finishers award will be provided.

WAIVER: I know that running a trail run 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, barbed wire, 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 run committee, Louis Joline, The Blue Springs Runners, The Cities of Blue Springs and Independence, Jackson County, run sponsors and run 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.

Fees \$30 in advance, \$35 day of race

(race day entry is discouraged, but at least tell us you are coming; call Lou at 816-679-8185)

Solo or Captains Name : _____ Date of Birth: _____

Email (IMPORTANT - PRINT CLEARLY) _____

Address: _____ City, State, Zip: _____

Phone home: _____ Work _____ **Circle Event: 50K 33K**

Sex _____ Shirt size _____ Signature _____

THE 50K RUN CAN BE RUN AS A TWO PERSON RELAY. 2ND RUNNER COMPLETE BELOW (Pay two fees)

Partner's Name: _____ Date of Birth: _____

Address: _____ City, State, Zip: _____

Phone home: _____ Work _____ Email: _____

Sex _____ Shirt size _____ Signature _____

MAKE CHECKS TO: THE BLUE SPRINGS RUNNERS, MAIL TO LOUIS JOLINE, 64-Anchor Dr., Lake Tapawingo, MO 64015

Motels: The American Inn, I-70 & Woods Chapel, Blue Springs, MO 816-228-1080 (cheap) The
Interstate Inn, I-70 & Woods Chapel, Blue Springs, MO 816-229-6311 (cheap)
The Hampton Inn, , indoor pool, 816-220-3844 (moderate)
Motel 6, 901 NW Jefferson, Highway 7 exit, 816-228-9133 (cheap)
Sleep Inn, 451 NW Jefferson, indoor pool, 816-224-1199 (moderate)
The Hilton Inn, Blue Parkway Exit, 800-445-8667 (upper scale)