

MT. WILSON TRAIL RACE 2011 OFFICIAL ENTRY FORM



Time & Place

Saturday, May 28, 2011 at 7:30 am sharp. Check-in time is from 6:00 am to 7:15 am. The race concludes at 10:30 am. The Trail Race begins and ends in the center of Sierra Madre, California, in Kersting Court, at the corner of Sierra Madre Blvd. and Baldwin Ave.

Course

The 8.6 mile race starts on pavement, uphill, to a dirt path no more than three feet wide. It features an elevation gain of over 2,100 feet; approximately 4.3 miles to the turnaround point at Orchard Camp. Most of the race takes place on the Mount Wilson Trail, where some sections have vertical drop-offs of several hundred feet. Emergency support is stationed at strategic points along the course to give any necessary aid. Boy and Cub Scout troops provide water at two locations: the 2.3-mile marker (at First Water) and the turnaround point.

History

The Mount Wilson Trail Race is the second oldest trail race in California; first held in 1908 when runners raced to Mount Wilson, rested 1/2 hour, then raced back down. Only a handful of intrepid runners dared to attempt such a grueling test. The race was held sporadically from the first year until the late 1940's and early 1950's, when it was abandoned completely. In autumn of 1965 it was revived and has grown over the years to its present format. The exact course has changed by erosion, fires and earthquakes. For this reason no official record is recognized. Since the revival in the 1960s, today's course is considered the most difficult.

Family and Couple Awards!

Team up with your favorite family member, entire family, or significant other for our category of racers. Times will be combined and prizes awarded for the fastest family and couple.

Pre-Registration and Pasta Load Dinner!

Pick up your race number and t-shirt early on Friday, May 27 at Kersting Court and enjoy a great pasta dinner from Cafe 322 of Sierra Madre! From 5:30pm to 7:00pm, there will be salad, bread and two kinds of pasta from just \$7.50. Cafe 322 will donate a portion from each dinner served to Sierra Madre Search & Rescue Team. Runners and nonrunners alike are welcome!

Register online at www.cityofsierramadre.com/onlineregistration

No shirt \$40.00 Adult w/Cotton Shirt \$45.00 New! Asics Tech Shirt \$9.25* Youth w/Cotton Shirt \$25.00

*Order for tech shirt must be made by April 30, 2011

Last Name _____

First Name _____

Number and Street Name _____

City, State, Zip _____

Daytime Phone _____

Email Address _____

DOB (MM/DD/YYYY) / / Male Female T-shirt Size: SM MED LG X-LG

I am running on a family team with _____ or a spouse team with _____

Family team applications MUST be submitted together.

I have run the Mt. Wilson Trail Race _____ times. My first MWTR was in _____.

Please make checks payable to "City of Sierra Madre."

Send a self-addressed stamped envelope to receive confirmation.

Release Waiver:

Intending to be legally bound, and assume all risk in connection with or in any way related to my participation in the Mount Wilson Trail Race, I certify that, to the best of my knowledge, my training and health are adequate for me to compete safely in this run. In consideration of your accepting my entry, I assume all related risks and do hereby for myself, executors and administrators, waive and release forever any and all rights and claims or damages I may hereafter occur to me against the persons or organizations affiliated with the race, including but not limited to the City of Sierra Madre, race chairperson and committee members, the Athletic's Congress, and any and all supporters of the race, their representatives, successors and assigns, for any injuries suffered by me while participating in the Mount Wilson Trail Race. Please, no children under 10 or pets on the trail during the race.

Signature _____

Parent's Signature (if under 18) _____