

Adventure Race

& 10K Rough Run

November 5, 2011

Sand Spring River Race is *adventure racing* at its finest. This race will consist of trail-running, paddling, mountain biking, and a mystery event. You will not need to know how to orienteer to complete this race. Each participant will thoroughly enjoy running and biking on the natural trails as they parallel the beautiful Niangua River. From the novice to the highly-competitive, **Sand Spring River Race** is truly an event all can enjoy. New to the race this year is the option to participate in a *10K Rough Run*. This 10K race will take each participant on an exciting *adventure* in Bennett Spring Country. This is a great option for those not interested in Mountain Biking.

- TRAIL-RUNNING: 8-10 MILES
- PADDLE SPORT: 6-8 MILES
- MOUNTAIN BIKE: 12 MILES

Check us out at:

www.sandspringresort.com
www.riverfrontcampanoe.com

Register online: www.active.com

For more information, call:
(417)533-7390



REGISTRATION:

Entry fee (non-refundable) is \$55/person (2-person teams).
Pre-register by mail or online (see sites listed below left side)
Sand Spring Resort (attn: River Race)
1996 State Hwy 64
Lebanon, Missouri 65536
Packet pickup: Day of race
Mandatory pre-race meeting: 8:35 AM
Race start time: 9:00 AM

All race entries include lunch and beverages after the race.

Registration Form:

Free T-shirt to first 75 registered racers!

Division (circle): Male Female Co-ed Masters (combined age 80 or over)

Team Member #1 RIVER RACE: ROUGH RUN:

First name: _____ Last name: _____

Gender: (circle one) M F Age on 10/31: _____ Shirt size: (circle one) S M L XL

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____

Team Member #2

First name: _____ Last name: _____

Gender: (circle one) M F Age on 10/31: _____ Shirt size: (circle one) S M L XL

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____

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 also know that there will be a possibility of traffic on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including, but not limited to falls, contact with other participants, the affects of the weather and the conditions of the roads, all such risks being known and appreciated by me. Furthermore I agree to yield to all emergency vehicles. I also am fully aware that baby strollers and wheels of any kind (except competitive wheelchairs), animals and headphones are strictly prohibited and I agree not to have them on the course. Furthermore, I agree not to go back onto the course after finishing. 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 and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and of their agents, employees, assigns or anyone acting for or on their behalf from any and all claims or liability for death personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to sponsors and or agents authorized by them to use any photographs, video tapes, motion pictures, recordings or any other record of this event for any purpose. Applicants for minor accepted only with a parent or guardian signature.

Team member #1 signature: _____ Team member #2 signature: _____

Please mail signed form and check (payable to Sand Spring Resort at a address listed above).