

TENDERFOOT BOOGIE ULTRA TRAIL RACE

50 MILES, 50 KM, 28 KM AND 50 MILES 3 PERSON RELAY

Saturday May 15, 2010

Start location:

Whistler Mountain at the Meadow Park Aquatic Center. Along the way you will encounter just about every terrain imaginable, starting out with the nice and easy Sea to Sky trail and leading to the Dike along Squamish River. Expect a little climb and decent through Brohm Lake Park to the Tenderfoot Fish Hatchery. Onwards to the beautiful Cheackamus Canyon (be sure to take a few seconds to look around, it's worth it). Just a few quick km's road running to Brandywine Falls, then back on the most scenic trails like Riverside, Trash (it does not live up to its name) and Sproat Flank trail, where there is a little more climbing to do. One more descent into A River Runs Through It and BINGO you will be finishing off on Valley trail.

50 Mile:

Adventureland

38551 Loggers Lane,
Squamish, British Columbia

50 km:

Tenderfoot Fish Hatchery

28 km:

Brandywine Falls

Registration:

Online: Check back for update

Mail: Mail in registration form

Day of Race: Race day registration available

The 50 mile race may be completed solo or as a 3 person relay team; however, there will be no day of race registration for teams.

Sign In Times

50 miles: 4:30 am
50 km: 6:30 am
28 km: 8:30 am

Start Times

5:00 am
7:00 am
9:00 am

Fees (includes shirt)

See Registration Form
No size guarantee after May 1st

Description

Tenderfoot Boogie is an exciting new trail race, starting in Squamish by Adventureland and finishing off in

Contact

For more information contact the race director Gottfried Grosser at tenderfootboogie@trailwhisperer.ca or check back at trailwhisperer.ca for more updates as they become available.

Volunteers

Volunteers are always essential to the success of any race. Please contact Gottfried if you are interested in volunteering.

BC Athletics

Sanctioned by BC Athletics.

Package Pickup

May, 12th from 5:00 - 7:00 PM
North Vancouver Running Room - [View Map](#)
Suite 754, 2601 Westview Drive
North Vancouver, BC

May 15th: At race start location up to 30 minutes before each race start time

Parking

Limited parking at finish location

Mail In Registration

Registration Form

1st Annual Tenderfoot Boogie, 50 mile, 50 km and 28 km Trail Race, Saturday, May 15, 2010
 For online registration go to <http://www.events.runningroom.com>

Please print clearly

Racer Information

Last Name		First Name	
Full Address			
Phone		Male/Female	
Date of Birth		Shirt Size if before May 1	- male/female =
Email (print)			
Comp entry?	<i>If you received a comp entry, indicate reason.</i>		

Entry Fees

Select One	Fee Until Jan 31, 2010	Fee Until May 10, 2010	Day of Race Fee	Grand Total
<input type="checkbox"/> 50 mile	\$75	\$85	\$100	
<input type="checkbox"/> 50 km	\$65	\$75	\$90	
<input type="checkbox"/> 28 km	\$50	\$60	\$70	
<input type="checkbox"/> 50 mile relay	\$120	\$140	\$160	

Restrictions

Entries are non-refundable and non-transferable

Cheque Payable

Make cheque payable to: Gottfried Grosser

Waiver

WAIVER, RELEASE AND INDEMNIFICATION - As a participant in the Frosty Mountain Trail race, I agree to all rules and will comply with them. I am aware that this type of trail run and/or mountain bike may be extremely difficult and

hazardous even for well-conditioned athletes under the most favourable conditions. I understand that I should not compete in this run and/or mountain bike unless I am in excellent physical condition, have trained adequately and have no medical condition that might be worsened by physical activity. Knowing these facts and in consideration of the acceptance of my application to participate in the Frosty Mountain Trail Race I hereby for myself, my heirs, executors and administrators waive, release and discharge Gottfried Grosser, Mountain Madness, officials, volunteers and all persons connected with this event from claims of liability, for any injuries to me (including but not limited to death). This release extends to all claims unforeseen, known or unknown. Further, I grant irrevocable permission to the Frosty Mountain Trail Race, and any media covering this year's race, and the authorized agents, contractors, and representatives of each, to use my name and likeness in any photographs, videotapes, motion pictures, recordings or any other records of my participation in this event for any purpose. Signed this

_____ (date) .

Signature (Runner) _____ Print name

Mailing Address

Mail this form to:

Gottfried Grosser

2263 Caledonia Ave

North Vancouver B.C., V7G 1T8