

2010

## Deadwood Mickelson Trail's *SENIOR* Marathon

Join us in celebrating the 1<sup>st</sup> ever **Deadwood Mickelson Trail Senior Marathon**. Complete the distance of a marathon in small increments over several months. The goal of this program is to promote fun, fitness, and healthy habits for all ages.

### Here's how it works:

- ✓ Walk, jog, or run 25 miles in the months leading up to the Deadwood Mickelson Trail Marathon in June.
- ✓ Record your miles on the Mileage Tracker and bring your completed log to the **Final 2K Senior Marathon Race on June 5<sup>th</sup>**, at 3pm in Deadwood to finish your last 1.2 miles in style at the Marathon finish line. No Race Day Registration. Registration Deadline is May 15th
- ✓ Miles can be done around your neighborhood, with your family and friends...just make sure to record your daily miles.
- ✓ All registered participants will receive a mileage log, t-shirt and Marathon Finisher's Medal.

For more information and to register on-line visit: [www.DeadwoodMickelsonTrailMarathon.com](http://www.DeadwoodMickelsonTrailMarathon.com)

*You can do it!*

### FINAL 2K Senior MARATHON

SATURDAY, JUNE 5, 2010 3 PM

\*\*\*NO RACE DAY REGISTRATION\*\* REGISTRATION CLOSING **MAY 15**

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_  
GENDER: M \_\_\_ F \_\_\_ BIRTHDATE \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_  
T-SHIRT SIZE: ADULT: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_\_\_

ENTRY FEE: SENIOR MARATHON 2K----- \$25 \_\_\_\_\_

#### RACE WAIVER

I know that running a trail/road race is potentially hazardous activity. I should not enter and run less I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat or humidity, traffic and the condition of the trail/road, and such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone acting on my behalf, waive and release the race organizers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
PARENTS SIGNATURE IF UNDER 18 \_\_\_\_\_ DATE \_\_\_\_\_  
EMERGENCY CONTACT: Name \_\_\_\_\_ Phone \_\_\_\_\_

Send Entry to: **Lean Horse Productions, PO Box 7892, Rapid City, SD 57709** (Mileage Tracker will be emailed after registration is processed)

For other information visit: <http://www.deadwoodmickelsontrailmarathon.com>

Questions: Emily Wheeler, [info@deadwoodmickelsontrailmarathon.com](mailto:info@deadwoodmickelsontrailmarathon.com), 605-390-6137