
A White Mountain Milers Event

HOSTED BY BEAR NOTCH SKI TOURING CENTER



5th Annual Bear Notch MUD-MUCK-MOOSE

5 Mile Trail Run April 26th, 2009 Information and Application

DATE: April 26, 2009 CHECK IN TIME: 9:30 AM-10:30 AM

START TIME: 11:00 AM SHARP

WHERE: Bear Notch Ski Touring Center 3 miles west of Attitash Ski Area on Route 302 Bartlett, N.H.

THE COURSE: Approx. 5 miles of challenging trails, hills and stream crossings, this is not a sanctioned course.
(Current Course Record 30.21 by Kevin Tilton 2006)

ENTRY FEE: \$ 10.00 (Pre-Registration) **CHECKS PAYABLE TO: WHITE MOUNTAIN MILERS**
\$ 15.00 (Day of Registration)

AMENITIES: Great location in the White Mountains– **Food Sponsored by**



AWARDS: Special award to the 1st finisher– others determined by closest predicted time (Must be filled out on the entry form.)

QUESTIONS?: Kevin Tilton: mtgoat@whitemountainmilers.com or Gabe Flanders: (603) 986-5275.

**WE'RE TRYING TO KEEP THE ENTRY FEE LOW SO NO T-SHIRTS THIS YEAR.
PLEASE LET US KNOW IF YOU WOULD LIKE THEM FOR 2010.**

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NAME: _____ E-MAIL: _____

ADDRESS: _____

**FEE \$10.00 Payable to White Mountain Milers Mail App to Kevin Tilton, PO Box 2624
North Conway, NH 03860**

Enter Predicted
Time to Finish

____ ____
Min Sec

RELEASE AND WAIVER: I assume all risks associated with running in this event. In consideration of your accepting this entry, I hereby for myself and my heirs, executors, or administrators waive and release all rights and claims for damages I may have against **White Mountain Milers, Bear Notch Ski Touring, and The Town of Bartlett**, any sponsors, all race officials and volunteers, and any other individuals or organizations associated with this event, for any death, personal injury, or property damage arising from or in the course of my participation in this event,

SIGNATURE: _____ (Parent/Guardian if Under 18)