

25th Annual White Mountain Milers Half Marathon

"One of New England's Top 100 Road Races"
- New England Runner Magazine - 1999-2009

Sunday, October 31, 2010

North Conway, N.H.

9:00 a.m. Walkers

9:30 Runners

Proceeds to benefit

The White Mountain Milers Scholarship Fund



Sanctioned by:

www.whitemountainmilers.com

Course Description

The USATF certified 13.1 mile out and back course starts and finishes in front of the Eastern Slope Inn on Route 16 in North Conway. The course is on scenic rural roads, highlighted by late fall foliage and is fast with no big hills. Runners and

walkers must stay in the bike lanes and on the road shoulders during the race, as they will share the route with auto traffic. USATF # NH97014WN.

Course Records

Male/ Dave Dunham 1:05:42 in 1989 (*NH state record*)
Female/ Julie Peterson 1:17:56 in 1995 (*NH state record*)
Male Walker/ John Renda 2:12:59 in 2002
Female Walker/ Nan Atherton 2:24:42 in 2000

Timing & Results

Timing and results are provided by Granite State Race Services. Complete results are posted following the race and can be accessed online at www.coolrunning.com after race day.

Course Support

Runners and walkers will find seven water stops along the course. A sports drink will be at the half way point as well. In addition, there are 50 race marshals and police presence on the race course. Runners and walkers should plan to finish by **12:00 p.m.** as clocks and course support will conclude at this time. Walkers, you must be finished in 3 hours.

For Our 25th Year!

- *Finisher's Medals
- *Performance long sleeve shirts Unisex sizes
- *Raffle: 13.1 pies from the famous Kearsarge Pie Company

Pre - Registration Only: Mail and Online

The race is limited to the first 500 paid runners and walkers received by mail or registered online. No exceptions! **No race week-end registration.** Mailed applications must be postmarked by October 23. **Online registration ends October 27 or once 500 entrants are reached, whichever, comes first. Sorry, no refunds or runner substitutions.** Register online through our club web page at www.whitemountainmilers.com or at www.active.com. **THIS RACE HAS A HISTORY OF CLOSING EARLY.**

Entry Fee, Shirts & Showers

The \$42 fee includes a finisher's medal, a long-sleeve performance shirt and a post race lunch at Flatbreads. All sizes are unisex from small to extra large. We cannot guarantee t-shirt size after 9/15/10. **If you will not be present on race day you must make prior arrangements to receive your shirt. T-shirts cannot be mailed or held after the race. Showers are available after the race at Eastern Slope Inn. PLEASE BRING YOUR OWN TOWELS AND TOILETRIES.**

Number Pick Up

Race numbers may be picked up Saturday, October 30th from 4:30 to 6:30 p.m. at the Reverence for Life Building on Route 16 in North Conway, adjacent to the First Congregational Church (see map). Numbers are available on race day from 7:30 - 9:00 a.m. off the Eastern Slope Inn Lobby (see map). **Entrants must pick up their own numbers! Please bring your active on-line confirmation number or cancelled check.**

Divisions

Male and Female Runners: Awards to top 3 overall and then 3 deep in the following age groups ≤18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, and 80+. Walkers: Awards to top 3 male and female overall. Please plan to attend the award ceremony as we cannot mail prizes.

Pasta Dinner

Fuel your half marathon PR at the All You Can Eat pasta supper that includes salad, bread, beverage and home made blueberry crisp. Saturday, October 30th, 5:00-7:30 p.m. at the First Congregational Church on Route 16 in North Conway Village (see map). Price is \$7 with pre-registration or \$8.50 per person at the door. All proceeds benefit the church. Entrants, families, volunteers and friends are welcome.

Food And Awards

Our post-race lunch will be catered by the Flatbread Company restaurant inside the Eastern Slope Inn building. We will be serving from 11:00 – 1:30. Runners and walkers free. Family members and friends \$7. Children 12 and under \$5. Awards ceremony begins at 12:00 noon in the Flatbread Company restaurant.

Lodging

The Eastern Slope Inn (no late check out), Attitash Mountain Village, Marketplace Motel and the Oxen Yoke are offering all entrants a 20% discount for a two night stay and 10% for one night. Call 800-862-1600 for details and reservations or www.mwvacc.com Make sure to identify yourself as a Half Marathon participant. For additional lodging information, call the Mount Washington Valley Chamber of Commerce at 603-356-3171 or visit their website at www.mtwashingtonvalley.org

Parking

There will be no race day parking at Eastern Slope Inn. Parking is available off River Road , just behind the Eastern Slope Inn in a public lot, at the John Fuller School (see map for both) and on the streets of North Conway. Eastern Slope Inn is located on Route 16, ¼ mile north of the town Park.

Online Information

Course map, additional applications and online registration available at our club website:

www.whitemountainmilers.com

www.active.com

E-mail inquiries should be addressed to: Lorraine Tilney, race director, at wmmhalfmarathon@hotmail.com

Registration Form

Name _____

Street _____

City _____ State _____ Zip _____

Male _____ Female _____ Runner _____ Walker _____

Age on race day _____ Phone (_____) _____

E-mail _____ Your cancelled check is your confirmation with paper applications.

Entry fee:

\$42 includes long sleeve shirt, lunch & finisher's medal \$ _____

Shirt: (circle one)

Unisex: S M L XL

All You Can Eat pasta supper Saturday 10/30 for entrants, family and friends \$7 each. (\$8.50 at the door). # of people ____ x \$7 = \$ _____

TOTAL \$ _____

Please make checks payable to: White Mountain Milers and mail to: WMM Half Marathon, Lorraine Tilney, PO Box 476, Jackson, N. H. 03846

Waiver, Release & Agreement-

In consideration of this entry being accepted, I hereby for myself and my heirs and legal representatives, waive and release all claims for personal injury and other damages (including

claims based on negligence) alleged to arise from or be connected in any way with the Half Marathon, which claims I, or they, may have against the Town of Conway, the Race Committee and volunteers, The White Mountain Milers, USA Track and Field New England Association, and contributors to and sponsors and organizers of this Half Marathon. I am physically fit and have sufficiently trained for this event. I will not take part in the race if I am not, on race day, physically fit and sufficiently trained. I further agree that the Race Directors will, in their absolute discretion, disqualify me from the race, and pull my race number, if I violate the race instructions and rules, which include but are not limited to: **NO dogs or other pets, NO HEADPHONES, NO rollerblades, NO bicycles, NO baby joggers or strollers, NO bandits.** I understand that I should plan to finish by 12 p.m. because clocks and course support and protection, including police and ambulance service, will be withdrawn at this time.

USATF rules require the following information: Athletes who participate in this competition may be subject to formal drug testing in accordance with USA Track & Field rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over the counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 1-800-233-0039.

Signature _____ Date / / 10

To be signed by parent of entrant under 18: I am the parent and have legal custody of this entrant, and for him/her and myself I grant and make this Waiver, Release & Agreement to and with all parties named above.

Parents signature _____ Date ____/____/_10

Address & telephone (if different from entrant):