

RUN 4 Trails

Come discover Pueblo West's recently expanded community trail system and help us extend the trails further!



September 18, 2010
Pueblo West High School

**4-mile Run and Walk starts at
at 8:00 a.m.**

Where: The *RUN 4 Trails* 4-mile walk/run will start and end in front of PWHS and go along the new 3.5 mile loop of trail constructed this summer. Trail is 8' wide pavement alongside 4' wide crusher fine surface.

From Pueblo: take Hwy 50 west to traffic light at McCulloch Blvd by Wal-Mart; turn left (south) onto McCulloch and take first right on Spaulding; go west on Spaulding 2.6 miles and turn right on Capistrano to PWHS.

Awards to the top three male and female runners and walkers in each of these age groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & up. The awards ceremony will be held following the conclusion of the race at the school. No awards will be mailed. Results available at the finish line and on the SCR web site www.socorunners.org.

Team Challenge (4 or more per team): Teams, clubs, friends, coworkers sign up for challenge to be eligible for prizes. ***Team leader must submit list of team members & bib number at packet pick up race day. Also sign up for your school team roster at packet pick up!** Awards:

- School with most participants: trophy, recycling at school
- Fastest team average finish time: gift certificates, recycling
- Team with most participants: gift certificates, recycling

Entry Fee:	By Sep 11	After Sep 11 & race day
18 & older	\$20 (\$18 SCR)	\$25
17 & under	\$10	\$15

Online registration available until September 11 at 11:59 pm at www.socorunners.org

Make checks payable to and mail registrations to:

Pueblo West Community Foundation
1021 N Market Plaza, Suite 107, PMB# 101
Pueblo West, CO 81007

Schools may collect registrations to turn in together but must turn in by deadline for reduced entry price

Proceeds go toward extending trail system to link neighborhoods to schools and parks!

Water Stops: There will be two water/Gatorade stops along the course hosted by PWHS teams or clubs.

Packet and Bib Pick-Up: Starts at 6:30 a.m. day of race along with race day registration until 7:45 a.m.

Team registration table: sign up for a school team & turn in other team rosters with member names & bib numbers.

For race information call Kim Arline, 719-647-1230.

RUN 4 Trails Registration Form – September 18, 2010

Last name	First name	MI	Birth date
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/> / <input type="text"/> / <input type="text"/>

Sex: Male (circle) Female	Age: _____ years 18 & over: \$20 /\$25 after 9/11 17 & under: \$10/\$15 after 9/11	Event: 4-mile Run (circle) 4-mile Walk	T-shirt size: (circle) Youth 6-8 10-12 14-16 Adult S M L XL No thank you – No shirt requested
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Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

WAIVER STATEMENT

In consideration of your acceptance of my entry, I for myself, my heirs and personal representatives, waive and release Pueblo West High School, Pueblo West Community Foundation, the Southern Colorado Runners, its principals, all sponsors and their representatives from any and all claims of damages, demands, actions whatsoever in any manner, as a result of my participation in the *RUN 4 Trails* race. I attest and verify that I am physically fit and have sufficiently trained to complete this event. I understand that my entry fee is non-refundable and my bib number is nontransferable. I further understand that I will run on the race course as laid out and I will be eliminated from competition if I am not on the prescribed race course. Further, I hereby grant full permission to any and all of the foregoing to use my likeness for any purpose whatsoever.

Participant Signature _____ Date _____
(If participant is under 18, parent or guardian must sign)

Do not write in this space.