PUEBLO'S
ROCK CANYON HALF-MARATHON

Saturday, December 5, 2009
13.1 Mile Run, 9:00am

Welcome to the 23rd running of Pueblo's Rock Canyon Half-Marathon. Beautiful scenery, great looking **SWEATSHIRTS** and wonderful weather have become trademarks of this yearly winter time run. Our goal is to offer a quality race at a reasonable cost. No drawings, no cash prizes, no host hotel—just an accurate course, your finish time and place, massage, music, fun, refreshments (bananas, cookies, doughnuts, Gatorade), and a great looking **SWEATSHIRT** with **NO ADVERTISEMENTS**, all for $25. We are also iPod/headphone friendly.

WHERE: Start and finish in Pueblo City Park. The Park is located near the intersection of Pueblo Blvd and Thatcher (hwy 96) on Pueblo's south side.

COURSE: The race runs about 2 ¼ miles in Pueblo City Park then heads west along the Arkansas River trail to the base of Pueblo Dam and returns. It is run on dirt roads and dirt trails with a short distance on asphalt and concrete. All miles are clearly marked. Although the course is flat, there is a short steep hill at about 12.5 miles that goes from the river trail back up to City Park. There are **7 water stops** at approx 2, 4, 5 ¾, 7 ½, 9 ¾ and 11 ½ miles. The first has only water, the rest will have water and Gatorade. Bring your own gel.

AWARDS to top three in each age group as follows: 19 and under,20-24, 25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70+. Special awards to Overall and Master Male/Female (not eligible for age group). Results will be available at the finish line and at www.socorunners.org

ENTRY FEE: Cost is $25 if received by Nov. 29 ($20 SCR members), $30 after Nov 29 and $40 on race day. Checks payable to Southern Colorado Runners or SCR. Online registration at www.socorunners.org at NO additional charge.

MAILED REGISTRATIONS should be sent to the Gold Dust Saloon, 217 South Union Ave, Pueblo, CO, 81003.

PACKET PICK-UP: Sweatshirts and bibs may be picked up Fri, Dec 4, after 2 pm at the Gold Dust Saloon, 217 South Union Ave, or Sat morning Dec 5 in the City Park Pavilion.

MORE INFORMATION is available at www.socorunners.org including a course map, directions to start and links to online registration.

CUTOFF TIME: Due to the unpredictable weather in December, we have a 3 hour time limit.

Sanctioned by the Road Runners Club of America and produced by the Southern Colorado Runners with special thanks to the Gold Dust Saloon, Lake Pueblo State Park, Pueblo Community College Massage Therapy students and Pueblo Parks and Recreation.

ROCK CANYON 2009 ENTRY FORM

Last Name _____ First Name _____ MI _____

Address _____

City _____ State _____ Zip _____

Day Phone ___ - ___ - ____ Evening Phone ___ - ___ - ____ Date of Birth __ / __ / __ Age (on race day) __

Circle Sex **M F**

Circle SWEATSHIRT Size **S M L XL**

Amount Enclosed

Pay to ***SoCoRunners -SCR***
Entry Fee:
$25 by11/29/09 ($20 SCR)
$30 after 11/29/09
$40 on race day

WAIVER STATEMENT

In consideration of your acceptance of my entry, I for myself, my heirs and personal representatives, waive and release 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 ***Rock Canyon Half Marathon***. 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