



FALL SERIES 2009

Remember The Time Changel - 11:30am

The Fall Series is 4 races in 4 different city and county parks. The courses are run on trails in the parks and these trails range from being well maintained to rocky with tree roots, and if there is water around, you probably

will get wet! This is a progressive series - meaning each run is longer than the previous one. For those who complete the entire series there will be commemorative awards at the last event. For those who are only able to complete a few, a specially designed t-shirt will also be handed out at the last event.

IF CAUGHT WEARING HEADPHONES OR IPODS, YOU WILL BE DISQUALIFIED FOR "UNSPORTSMANLIKE CONDUCT". PLEASE RESPECT THE SAFETY OF ALL.

October 4 North Monument Valley Park	October 18 Bear Creek Park	November 1 Ute Valley Park	November 15 Palmer Park/Maizeland	November 21 Awards Ceremony YMCA Downtown
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The cost?

	Pre-register Series	Pre-register Individual	Race Day Series	Race Day Individual
PPRR/SCR/Military	\$35.00	\$10.00	\$35.00	\$10.00
Non-Member	\$50.00	\$15.00	\$50.00	\$15.00
Active.Com-PPRR/SCR/Military	\$30.00	\$8.00		
Active.Com Non-Member	\$45.00	\$12.00		

Register On-line



Until 09/30/09
extra fee charged for
use of credit card
www.active.com

Walk in Registration

Until 3:00pm 10/03/09

- All 3 local running stores
- ✓ Boulder Running Company
- ✓ Colorado Running Company
- ✓ Runners Roost

Mail In Registration

Must be received by 09/30/2009
PPRR

c/o Lockhart
1405 Vondelpark Drive
Colorado Springs, CO 80907
Checks payable to: PPRR

Race Day Registration

Each venue site, 1 hour prior
to event start

Checks payable to: PPRR

Race Director and Information contact: Larry Miller – (719) 590-7086 – fallseries@aol.com

What are the awards for finishing? For the people who finish all four races a Leslie Jordan technical shirt will be given. Sizes are close to true. Men's and Women's sizes. The top male and top female get a special award. The age groups are based on five-year increments, 14 and under, through age 70+. We may have a division for high school runners after the season. **NO DUPLICATE AWARDS**

Are there aid stations? Yes! One aid station mid-way in races #1 and #2, and two aid stations in races #3 and #4. We also have first aid on-site for cuts, sprains and broken bones. *These do happen – the pink cast is still around...*

Teams? Teams are welcome! Teams must include four members – the top three count in the scoring. All four members must be registered for all the races. Any combination of team members, at least 3, must finish all 4 races. If only two show for a race, your team is disqualified. Turn this sheet over to sign up a team. *For more information, contact the Race Director*

In consideration of acceptance of entry in the Fall Series 2009 races, I, intending to be legally bound for myself, my heirs, executors, and administrators, do hereby release and discharge Pikes Peak Road Runners, Colorado Springs Parks, Recreation and Cultural Services, BRC, CRC, RR, El Paso County Parks Department, and any other support of the FS08, from any and all liability arising from illness, injuries and damages I may suffer, including those which may be attributed to weather conditions, high altitude and a course that is composed of or has loose rocks, sand, logs, streams, gullies, steep slopes, horse trails, wildlife, sharp plants and cliffs, as a result of my participation in this event. In short, if I should fall and get hurt, it's my own fault. I attest and verify that I will participate in this event as a foot race entrant, that I am physically fit and that I have sufficiently trained for the event. I have read all entry information provided and certify my compliance by my signature below. I also understand that my entry fees are non-refundable. I or my Parent/guardian also authorizes and consents to the use of participant's name and/or picture in television, newsprint, advertisement or other media. Lack of signature on my part (or my legal guardian's) does not nullify this entry form.

	RACES	1	2	3	4	ALL					
Name:		BIB#									
Address:		Sex:	M	F							
City, State:		Age on 10/04/2009									
Evening Phone	Shirt:	WXS	WS	WM	WL	WXL	MXS	MS	MM	ML	MXL
Signature (parent, if under 18 years)											
TEAM COMPETITION (please circle)	NO	YES	(complete reverse side)								



If I fall, I might win the PINK CAST AWARD!

FALL SERIES #1: NORTH MONUMENT VALLEY PARK

DATE/TIME: Sunday, October 4th, start at 11:30am.

DIRECTIONS: Take I-25 to Uintah St. exit 143. Turns left (east) and go 3 blocks to Cascade Avenue. Turn left (north), go about 7 blocks to Fontanero and turn left (west) (may be under construction). Go to the end of the road and you will be at the park. Find a place to park. Registration is in the park down the hill to your left across from the baseball field.

COURSE: (~3.5 miles) The start is on the large grass area then on trails. The course will cut to side trails. You will end up running up the creek, and then turn on to the grass again to the finish line.

FALL SERIES #2: BEAR CREEK PARK (west)

DATE/TIME: Sunday, October 18th, start at 11:30am.

DIRECTIONS: Take Highway 24 to South 21st St. Turn left (south). Go to Argus Boulevard. Turn right (west - toward the mountains). You will see a playground. That's where the race starts - in the big green field.

COURSE: (~4.5 miles) We will use the trails that are wide, 8' in places. There are a lot of ups and downs and the creek may be used as well - don't get your hopes up for an easy run here.

FALL SERIES #3: UTE VALLEY PARK

DATE/TIME: Sunday November 1st, start at 11:30am.

DIRECTIONS: Take I-25 to Woodmen Road Exit 149. Go west to the intersection of Rockrimmon Boulevard and proceed west. Do not turn right onto Woodmen Road. Go west until the intersection of Vindicator Drive. Turn right (west) - past Safeway to Eagleview Middle School. Use the western most parking lots. The race starts on the track.

COURSE: (~5.5 miles) This park is very rocky and hilly, so be ready for the run of your life! The trails are single track in places. If there is water, it will be found and there is always the possibility of snakes. This is by far the most challenging run of the series.

FALL SERIES #4: PALMER PARK

DATE/TIME: Sunday, November 15th, start at 11:30am.

DIRECTIONS: Use the southern entrance into Palmer Park, which is located on Maizeland between Academy Boulevard and Circle Drive. The start is located at the big tree on the southwest corner of the parking lot north - of the sandpit.

COURSE: (~7 miles) In this race, you will run miles on trails that no man or woman would touch - except for the Fall Series runners! Rocks that move, ankles that hurt...but its fun!

AWARDS DINNER:

November 21, 2009 - 6:00 (prompt) to 9:00pm - Downtown YMCA - 207 North Nevada Avenue - more information later

COMMEMORATIVE SHIRTS ARE DISTRIBUTED AT THE LAST EVENT. MUST BE PRESENT TO RECEIVE

2009 FALL SERIES TEAM ENTRY FORM FOR ALL TEAMS

(PLEASE PRINT ALL NAMES)

All Male

All Female

Coed (2+2)

TEAM NAME _____

TEAM CAPTAIN _____

TEAM MEMBERS (three in addition to the Captain)

good luck