



30TH WINTER SERIES

... Brought to you by the Pikes Peak Road Runners with the support of El Paso County Parks

...

2009 - January 10th and 24th, February 14th and 28th; March 7th Awards Dinner

The series consists of four (4) progressively longer (LONG AND SHORT) races. The courses are gravel/paved roads and packed trails, which may or may not be snow-packed, icy or muddy. Altitude will vary from 6,000' to 7,500'. Temperatures will range from 50° to -25°. Races will be cancelled if extremely bad weather exists on race day. NO REFUNDS.

PLEASE, NO DOGS OR BABY STROLLERS ALLOWED ON THE COURSE. PLEASE DO NOT TRESPASS ONTO PRIVATE PROPERTY. PER PPRR RACE RULES, HEADPHONES, I-PODS, OR MP3 PLAYERS MAY NOT BE USED DURING THE RACE. THOSE NOT IN COMPLIANCE WILL BE DISQUALIFIED.

Parking at some venues will be at a premium. **Carpool if you can.** The courses close at 1:30pm. At that time, the PPRR van will pick up those who have not finished. Contact the Race Director if you want to start a race earlier than the stated time. This recorded time will be unofficial and will not be part of award recognition. Participant must complete one full series entirely to be considered for any awards.

By signing up for the series in full by the 2nd event, or by volunteering, you will receive a micro-fiber running jacket embroidered with the Winter Series logo.

Lots of Frozen Hills!

#1 January 10, 2009
Fox Run Regional Park
5K (Short Series) or 10K (Long Series)
Interstate 25-Exit 158 (Baptist Road). At stop sign of exit drive east 3.8M on Baptist Road to Roller Coaster Road. Turn right (south) onto Roller Coaster Road and go 1.0M south to the intersection of Stella Drive. At Stella Drive turn right (west) onto Stella Drive and go a couple of hundred yards to the park entrance. Turn right (north) into park. Turn left at "T" intersection. Arrive early! 1/4M walk to start. Staging area is Pine Meadows - furthest north pavilion.

Fast, out-and-back course!

#2 January 24, 2009
El Pomar Youth Sports Center
4M (Short Series) or 8M (Long Series)
Interstate 25 -Exit 138 (Circle Drive). Travel east 4 blocks to Janitell Road South (McDonald's). Turn right (south) and go 3 blocks and turn left (east) onto Executive Drive. East and south for 2 blocks to the entrance of the Sports Center. Lots of parking available. Staging area is Sports Building

The Windy Course

#3 February 14, 2009 – Valentine's Day!
Baptist Road Trailhead-Santa Fe Trail
5M (Short Series) or 10M (Long Series)
Interstate 25 to Exit 158 (Baptist Road). West at stop sign for .3M. Staging area is the main parking lot at the trailhead.

Harry's Valley of the Dogs!

#4 February 28, 2009
Wolford Elementary - Black Forest
10K (Short Series) or 20K (Long Series)
Interstate 25 -Exit 153 (Interquest Parkway). Drive 2M east and north to Shoup Road. Turn right (east) onto Shoup Road for 4.2M to stoplight. Turn left (north) onto Black Forest Road for 1.6M. Traffic control will direct to the parking areas. Staging area is at the front of the school.

#5 March 7, 2009 – Awards Dinner
Awards and Fun! YMCA Multipurpose Room. Benefit Auction. Awards. 5:30pm – 9:00pm. Catered dinner. **More information to come.**

Registration Options



On-Line Registration - extra fee charged
(Must be 18 yrs or older)

Walk In (until 01/9/09 - 2:00pm)
Boulder Running Company
Colorado Running Company
Runners Roost

Mail In: (no later than 01/6/09)
The Pikes Peak Group c/o PPRR – John Gardner
121 S. Tejon St. Suite 700
Colorado Springs, CO 80903

Race Day and thereafter:
Individual staging areas noted.

Challenges & Awards

☺ **AGE GROUP - MALE/FEMALE - BOTH SERIES**

Overall, 5 year increment, minimum of 3 deep, no duplications.

☺ **OUR COUNTRY'S FINEST AND BRAVEST POLICE, FIREFIGHTERS AND MILITARY**

Information: FREE! Contact Event Director

☺ **HIGH SCHOOL TEAM CHALLENGE**

Teams are Male or Female or Coed. Coaches are encouraged to participate. Information: Melissa Waters - (719) 495.0741 or melissawaters36@yahoo.com

☺ **OPEN/CORPORATE TEAM CHALLENGE**

Teams are Male or Female or Coed
Information: Event Director

Team scoring criteria (male/female)

- ✓ Short Series Only
- ✓ Minimum of 4 runners per team
- ✓ Minimum of 3 finishers per team per event
- ✓ The scoring calculations are based on the first 3 finishers of each team

Team scoring criteria (coed)

- ✓ Short Series Only
- ✓ Minimum of 4 runners per team
- ✓ Minimum of 3 finishers per team per event
- ✓ Minimum of 1 female per team
- ✓ Minimum scored of 1 female per team
- ✓ Minimum of 1 male per team
- ✓ Minimum scored of 1 male per team

☺ **SENIOR CHALLENGE**

Must be 65 years or older

☺ **ATHENA AND CLYDESDALE CHALLENGE**

Clydesdale (males over 190#)

Athena (females over 160#)

Start Times

Begin Race Day Registration:	09:00am
Begin Bib Pickup:	09:00am
Short Series:	10:00am
Long Series:	10:15am



Entry Fees

CHECKS PAYABLE TO Pikes Peak Road Runners (PPRR)

PPRR/SCR/Military/YMCA

Four Race Series (jacket included)	\$40.00
Four Race Series (without jacket)	\$20.00
Single Race (without jacket)	\$5.00

Non-PPRR Member

Four Race Series (jacket included)	\$60.00
Four Race Series (without jacket)	\$40.00
Single Race (without jacket)	\$10.00

High School Challenge

Four Race Series (jacket included)	\$35.00
Four Race Series (without jacket)	\$20.00

Senior Challenge (65 yr. +)

Four Race Series (jacket included)	\$35.00
Four Race Series (without jacket)	\$16.00
Single Race (without jacket)	\$4.00

Tax Deductible Donation

Suggested and appreciated donation to help maintain El Paso County Parks. \$5.00

Questions and Answers

Event Directors:

John Gardner (719) 338-8639
John.n.gardner@smithbarney.com

Mike Shafai (719) 577-6324
Michael.c.shafai@smithbarney.com

Entry/Waiver

I fully acknowledge reading and following the rules and regulations noted. I knowingly and at my own risk, and in consideration of my acceptance as a participant, hereby forever waive and release any and all claims for injuries or illness that I may incur as a direct or indirect result of my participation in the Winter Series against any of the following: Pikes Peak Road Runners, El Paso County Search & Rescue, El Paso County Regional Parks, El Paso County Department of Transportation, El Paso County Sheriff's Department, City of Colorado Springs Parks, Recreation and Cultural Service, El Pomar Youth Sports Center, School District #20, and any other group, sponsor or individual assisting or associated with this series. None of the above is responsible for the loss of any personal item(s). I authorize and consent to the use of my name and/or picture in television, newsprint, advertisement or other media. I understand and accept my own liability for my safety and health during the Winter Series 2009. If I forget to sign the waiver, it's not intentional, but it is signed in spirit.

Please " x " box, print and sign

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> PPRR/SCR/YMCA | <input type="checkbox"/> Senior |
| <input type="checkbox"/> Non-Member | <input type="checkbox"/> Athena |
| <input type="checkbox"/> High School | <input type="checkbox"/> Clydesdale |
| <input type="checkbox"/> Police/Firefighter/Military (FREE) | |

PLEASE PRINT LEGIBLY

Name:	
Address:	
City, State, Zip:	
Evening Phone:	
Age as of 01/10/09	M F
School/Team Name:	
sign →	date → / /
Signature (parent/guardian if under 18yrs)	
Amount:	All 1 2 3 4

If registering with a jacket, please select a size:

S M L XL XXL