

New Year's Day!



Rescue Run 2010

You are invited to participate in the 32nd annual, 5K and 10K, RESCUE RUN 2010. Proceeds go to the EL PASO COUNTY SEARCH & RESCUE, an all volunteer, non-profit organization dedicated to search and mountain rescue. The Rescue Run 2010 is jointly organized by the El Paso County Search & Rescue and the Pikes Peak Road Runners.

Also offered is a FREE Kids Run -- 3 categories (diaper derby, toddler trot, and school-age sprint). Distances will be approximately 50 yards, 200 yards, and 1 mile. All kids finishers will receive a ribbon.

Date: JANUARY 1, 2010

Start Time: 9:30 a.m. (for Kids Run)
10:00 a.m. (for 5K and 10K)

Starting Line: Palmer Park, Colorado Springs
(south side of park, near Maizeland and North Academy Blvd)

Course: The races will be run on paved and dirt roads over rolling and hilly terrain. Panoramic views of the city are exquisite, especially on the 10K course. The altitude is 6,000+ feet, and temperatures may range from 50 to -25 degrees. The race will be held regardless of weather conditions on race day.

Shirts - Long-sleeve, 100% polyester tech fabric. Really cool artwork, and no ads!

Questions/directions/comments:

Dave Sorenson, (719) 473-7848, DavidSorenson@msn.com

Entry Fee:

\$18 through December 31st and \$20 day of race. **Make checks payable to "Pikes Peak Road Runners."** Day-of-race registration is from 8:30 to 9:45 a.m. Entry fee includes a t-shirt, race packet, and refreshments after the race.

Awards (for 5K and 10K):

- Top 3 male/female finishers per event (winners are not eligible for age group awards)
- First male & female in each age group (14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)
- **Tons of drawings for all runners entered and present.**

Registration:

Walk-in registration and packet pickup at 3 locations, Dec 26-31 during regular store business hours

- **Runners Roost** — downtown Colorado Springs on Tejon Street (632-2633)
- **Colorado Running Company** — Tejon and Cache La Poudre (635-3833)
- **Boulder Running Company** — Academy and Austin Bluffs (278-3535)

Mail-in registration (must be received by December 31st)

Rescue Run 2010
1009 Beacon Hill Way
Colorado Springs, CO 80905

On-Line Registration:

www.active.com, search for 2010 Rescue Run



Sorry – No Baby Joggers or pets allowed.

Waiver... EL PASO COUNTY SEARCH & RESCUE, 5K, 10K, Kids Run, RESCUE RUN 2010

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 this race against the Pikes Peak Road Runners, El Paso County Search & Rescue, El Paso County, Colorado Springs Parks and Recreation, sponsors, or any other group or individual assisting or associated with this race. None of the above is responsible for the loss of any personal items. I have been warned that this race is run at an elevation of 6,000 ft. or above, that the temperature can range from 50 to -25 degrees, that the surface of the roads could be covered with snow, ice and/or mud, and that there may be vehicles, dogs, etc. on the course, and that no baby joggers are allowed. I ACKNOWLEDGE THAT I HAVE READ, UNDERSTAND AND ACCEPT RESPONSIBILITY AND LIABILITY FOR MY SAFETY AND HEALTH DURING THE EL PASO COUNTY SEARCH & RESCUE, 5K, 10K AND KIDS RUN, RESCUE RUN 2010.

NAME(print) _____ Bib # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

SIGNATURE _____ Day Phone: _____

If under 18, signature of parent or guardian _____ Eve Phone: _____

E-Mail address _____ Optional Extra Donation to EPCSAR: _____

Male _____ Female _____ Age (on 1/1/10) _____ T-shirt size (circle one) S M L XL XXL

Where do you want to pick up your packet? (Circle one) Race Day (at Palmer Park) Runners Roost (Colorado Springs) Colo Running Co. (Colorado Springs) Boulder Running Co. (Colorado Springs)