



ASC GREENWAY TRAIL MARATHON, RELAY, & 5 MILER

SATURDAY, SEPTEMBER 27, 2008
AM

START: 7:00

at 841 Springfield Pkwy, Fort Mill, SC

The ASC Greenway Marathon, Relay & 5 Miler is a great intro to trail racing for beginners, while the roots, rocks, & mud (in the right conditions) are a great challenge for seasoned veterans. The marathon follows a cloverleaf course, coming back to the start/finish line 3 times (5, with start & finish), making it more spectator-friendly than most trail races. The 3 person relay exchange zones are all at the start/finish area. Legs for the relay are NOT equal. The first leg is 10.8 miles, the second is 5.7 miles and the last leg is 9.7 miles. The 5 miler is an out & back course over the least technical part of the marathon course. The 3 person relay exchange zones are all at the start/finish area. The 5 miler is an out & back course over part of the marathon course.

Fort Mill's ASC Greenway is just south of Charlotte, NC and offers 32 miles of fantastic trails. The course is 100% unpaved and is a good mix of singletrack trails (about 55%), wider horse trails (about 25%) and dirt roads (about 20%). The course is challenging, but all sections are runnable and will be technical enough for experienced trail runners without being too difficult for first time marathoners or novice trail runners. Awards for the top 3 in the following categories in the marathon & 5 miler: Overall, Masters, Under 20, 20-29, 30-39, 40-49, 50-59, 60 & up. Awards for the top male, female, & mixed relay teams. Finishers medals for all Solo Marathon finishers. *Technical running shirt for all registered runners.* Time limit of 7 hours for the marathon & relay.

For more info or to register online: <http://www.weddingtontrack.com/asc.htm>

Sponsors: REI, TrySports, GU, Rock Hill Striders, ASC Greenway

Entry Fees: Solo Marathon - \$50.00; 3 Person Marathon Relay - \$120.00; 5 Mile - \$18.00

Checks made payable to: Rick Spencer and sent to Weddington High School, 4901 Monroe Weddington Rd., Matthews, NC 28104; coachspencer@gmail.com; 336-549-0215

Name:

Address:

Phone number:

Email:

Emergency Contact Name & Phone:

Age on Race Day:

Gender:

Division (circle one):

Marathon Marathon Relay 5 Miler

If running the Relay, name of Team:

Male Female Mixed

I, the undersigned, know that trail running carries with it the risk of personal injury. I understand there will be roots, rocks, mud, hills, insects, wildlife, poison ivy (if you go off the trail), possible heat, possible rain, etc., etc. which can make the race more difficult and increase the risk of injury, or potentially accidental death. I agree that I, as a participant, must take an active role in understanding and accepting these risks, conditions and hazards. I also agree that I am responsible for my safety while I participate in this event and not the race director, volunteers, sponsors, or ASC Greenway.

Printed Name:

Signature:

Signature of parent/guardian if under 18: