


4th Annual **RUN WITH SCISSORS**



Marathon & Double Marathon+
Sunday, October 31, 2010

www.runwithscissors.info

Start/Finish:

Ledges Shelter, Cuyahoga Valley National Park
701 Truxell Rd., Peninsula, OH 44264

Course Description: Two 26.2(plus) mile loops of single track trail, bridle trails, some roads and the Towpath Trail. The entire course is within the CVNP and includes water crossings, roots, rocks, hills, stairs and good chance of really bad weather!

Both runs start at 5:00 AM (trek start available)
Course closes at 5:00 PM

Aid Stations: There will be three staffed and fully stocked aid stations. There will be crew access at all of the aid stations.

All entrants receive a gender specific, long sleeve tech shirt and a post race meal. All finishers will also receive a USEFUL and unique finisher award.

Awards: Top Male/Female; Top Male/Female Masters; Top Male/Female Grandmasters (50+)

Packet Pick Up: 4:00-4:45 AM

Race packets and gear left after the run will be donated to the Salvation Army-Please keep track of your gear!

Fee: \$60 before October 1, 2010

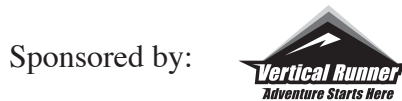
\$75 after October 1, 2010 (non refundable)

Limited to 150 entrants

Make Checks Payable to: Roy Heger and mail to 6760 Wadsworth Road, Medina, Ohio 44256

Proceeds after expenses will be donated to the Be The Change Foundation, The Ellie St. Clair Scholarship Fund and the CVNPA.

Littering of any type WILL NOT BE TOLERATED!!
You will be subject to IMMEDIATE DISQUALIFICATION!!
Alcoholic beverages are not allowed.



Run With Scissors is part of the Western Reserve Trail Running Series.

www.wrtr.org

Mail payment with this entry form to: Roy Heger, 6760 Wadsworth Road, Medina, OH 44256

Name: _____ Age: _____ DOB: _____

Address: _____ City: _____ ST/Zip: _____

Phone: (____) _____ E-mail: _____

Distance – Select one: Marathon Double Marathon (Runners may change distance day of run)

Shirt Size & Gender: Small Med. Lg. X-Lg. Male Female

Emergency Contact: Name/relationship: _____ Phone: (____) _____

Waiver: I, the undersigned, certify that I am physically fit and capable of participation in this event. I understand that trail running is a potentially dangerous activity including snow, and/or ice, and/or mud, and assume full responsibility for any injury or accident, which may occur during my participation in Running With Scissors trail run. I, the undersigned, hold harmless the race director, Western Reserve Trail Running Organization volunteers, the CVNP, its employees, volunteers and users.

Signature: _____ Date: _____ Amt. Enclosed: \$ _____

Parent or Guardian Signature (if under 18 yrs. of age day of race): _____