



Saturday, March 20, 2010

7:00-9:00 am Kick Off, Check-In, & Packet Pick-up

3:00 pm Support Ends on Trail

Withlacoochee State Trail (Paved)

at the Inverness Trail Head 2/10 Mile North of the Old Historic Courthouse, Downtown Inverness, FL

Entry Fee Register on-line: www.Racelt.com

Adult: \$25.00 Child (12 & Under): \$12.00

Includes T-shirt (in adult sizes only), Continental Breakfast, Light Lunch at Inverness Trail Head from 11am-2pm, Map, Sports Drink & Food at SAG Stops. Children must be accompanied by an adult. Event T-shirts guaranteed to riders registering by March 8th. Walk-up registration is accepted, includes t-shirt if available.

\$5 from each entry to benefit the Key Training Center, an organization dedicated to serving adults with mental retardation and other developmental disabilities. Find out more at www.keytrainingcenter.org

Distances

At 46 miles long, The Withlacoochee State Trail offers a variety of distances to accommodate every level of rider. Rides can be as short or long as you want, with 4 SAG stops along the entire course. The ride will start in Inverness Trail head, with additional SAG Stops at Ridge Manor, Istachatta, and Citrus Springs. Take the Southern loop and enjoy a scenic ride into Hernando & Pasco County with fully supported SAG stops at the small town of Istachatta, including a shaded park, music, & restrooms!

48 Miles is our most popular distance and the SAG stop is located at Ridge Manor, near Hwy 50 & I-75.

100 Mile Century Challenge Complete this 50 mile stretch, end to end, and receive a commemorative Century Finisher Medallion to wear proudly.

More info available at www.citrusroadrunners.com

Our trail is the longest paved trail in Florida and listed in National Geographic's Traveler Magazine as one of the top 20 trails in the United States. The World Wildlife Fund says our trail is "one of the coolest places you've never seen."

Contact Citrus Road Runners (352) 637-2475 Email: info@citrusroadrunners.org

I plan to ride () 14 Miles () 28 Miles () 48 Miles () 100 Miles - Century Challenge

Riding Club: _____

Make checks payable to: CITRUS ROAD RUNNERS P.O. Box 94 Inverness, FL 34451

Required Information

Emergency Contact Name: _____

Emergency Contact Number: _____

NAME _____ AGE _____ DOB _____ / _____ / _____ SEX _____

ADDRESS _____ E-MAIL (Optional) _____

CITY _____ STATE _____ ZIP _____ PHONE (_____) _____

T-SHIRT SIZE () S () M () L () XL () XXL

Clean Air Ride RELEASE WAIVER:

I know that cycling is a potentially hazardous activity. I should not enter and ride unless I am medically able and properly trained. I agree to abide by any decision of a ride official relative to my ability to safely complete the ride. I assume all risks associated with riding in this event including but not limited to: falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, mortal or serious injury, all such risks being known and appreciated by me. I understand that safety equipment, including but not limited to helmets are required and radio headsets are not allowed in the ride and I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Citrus Road Runners, USA Cycling, State of Florida, Florida Department of Environmental Protection, Chris Moling, DRC Sports, State of Florida, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. I also agree that I may be examined and treated if necessary during the course of the ride by qualified personnel in the event medical problems of any cause arise. The ride officials or qualified personnel have the right to remove me from the event if, in their opinion, I may be suffering from a life threatening condition. I understand that the course is open to vehicular traffic and will compete with due care. Further, I hereby grant full permission to any and all of the foregoing to use any email, photographs, videotapes, motion pictures, recording or any other record of this event for any purpose whatsoever.

SIGNATURE (Parent if under 18 years of age) _____ DATE _____

(Please use one application per person- All of the above must be filled out in order to attend)

For Office Use Only

Method of Payment: Cash _____ Check # _____ Date Received: _____ Amt: _____ By: _____