

Palouse Road Runners

MOSCOW MOUNTAIN MADNESS 2010

Thrilling twelve mile trail run
along the spine of beautiful and
scenic Moscow Mountain

Sunday September 12, 2010

Registration begins at 7:45 a.m.
Run starts at 9 a.m.
Awards and Prizes at 12:00 noon

*Race begins at the North end of Foothill road and
finishes at Pond Nine. See map on reverse side for
directions to the start area.*

Important Note:

This event is held entirely on private land; not
public. Stay on the track, use the porta-potties,
and do not litter. Our future use of this land
depends on the common sense and good behavior
of us all. Respect is mandatory!

Parking

Parking is limited at the start area. Please carpool
as much as possible.



Registration

Name: _____

Address: _____

Phone: _____

Age: _____

Gender: male female

Shirt size: S M L XL

(short sleeved technical fabric blend w/ unique and historical
Moscow Mountain Madness logo.)

Non-refundable Fee: check appropriate boxes

\$15 run

\$15 (tech. fabric short sleeve
shirt w/ distinctive race logo)

PRR member discount (\$2)

 Total enclosed

**Entry deadline: there will be no late
fee but entries received by mail will
given shirt priority.**

**Read and sign waiver below. We
cannot accept your entry without a
signed waiver.**

Waiver:

I waive and release all rights and claims
against the *Palouse Road Runners* running
club, its affiliates, officers, and volunteers for
any and all injuries, losses, and/or damages
suffered while traveling to and from or
participating in this event. I assume
complete responsibility for any loss or
damage to my personal possessions during
the event. I verify that I am physically fit and
sufficiently trained to participate in this
difficult competition.

My signature below indicates that I have
read in entirety, understand completely, and
agree to the terms of this waiver. If signing
for a minor child (under the age of 18 years
of age) I declare that I am the legal
parent/guardian of the participant named
above.

Signature: _____

Date: _____

Parent
Signature _____

Remit to: **Palouse Road Runners**
PO Box 8431
Moscow Id 83843

www.palouseroadrunners.org

Official use only.
Bib number:

Course:

The run course is a loop and will be very close to 12 miles in length. It will start just downhill from the blue gate at the end of Foothill Road. It will finish at pond nine which is about one half mile uphill from the start. The run is entirely on single track trails and dirt logging roads.

The terrain is varied with most of the elevation gain in the first 4 miles. The top end is rolling on lovely soft trails with very manageable – but very noticeable - inclines in both directions.

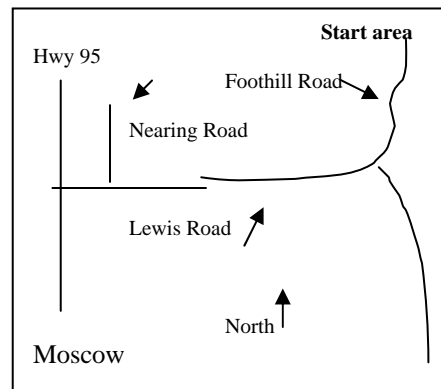
Aid Stations:

There will be four aid stations/ water stops located strategically on the run course. The aid stations will feature water, energy drink, energy bars, a basic first aid kit, a cell phone, and a couple of warm bodies just in case you are lonely and would like someone to talk to.

The run course will be clearly marked. Follow the signs and pay attention to any special instructions announced at the start.

Directions to start:

Drive four miles north from Moscow on highway 95. Turn right (East) on Lewis Road. Continue East on Lewis Road to a Y. Turn left at the Y onto Foothill Road and proceed to the start area.



Refreshments:

Water stops will be located at strategic points along the racecourse. Gourmet food and drink will be provided at the finish area.

Prizes:

Cheesy ribbons will be given three deep to the overall and masters winners. More importantly, there will be a random drawing for prizes during the award ceremony. ***You must be present to receive a prize.***

Sponsors:

Moscow Mountain Madness is sponsored and directed by the Palouse Road Runners (PRR). We are a non-profit running club and our mission is to provide safe, fun, and invigorating running events in our community. This event is made possible through the work of many local volunteers and the support and generosity of the following local businesses and volunteer organizations. Please acknowledge their support by thanking them and express your enthusiasm by sharing your Moscow Mountain Madness experience.

Moscow Food Coop

Paradise Creek Bicycles

HyperSpud Sports

Tri-State Outfitters

Bennett Lumber Company

MAMBA

(Moscow Area Mountain Bike Association)

Need more info:

Email the race director John Sweeney at john.sweeney.moscow@gmail.com