

3rd Annual

NORDIC
SKI CLUB



FAIRBANKS



Golden Heart Trail Run

Starting and finishing at Birch Hill Recreation Area
9:30AM, SATURDAY, AUGUST 28, 2010

Please Print Legibly – Fee Schedule on Back

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LAST NAME

MI

FIRST NAME

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MAILING ADDRESS

PHONE

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CITY

STATE

MAILING ADDRESS ZIP

/ /		<input type="checkbox"/> YS <input type="checkbox"/> YM <input type="checkbox"/> YL <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL
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DATE OF BIRTH (mm/dd/yy)

T-SHIRT SIZE (circle one)

<input type="radio"/> F <input type="radio"/> M	register online @	
SEX (CIRCLE ONE)	NAME OF SCHOOL	

NOTE: Risk waiver must be signed before entry can be processed.

I, the undersigned, know that the Seekins Ford Golden Heart Trail Run is an event which carries the risk of personal injury. I know that there are natural and man-made obstacles and hazards, surface and environmental conditions and risks, which in combination with my actions can cause me injury. I also know that there will be traffic on the course route, and I assume the risk of running in traffic. I agree that I, as a participant, must take an active role in understanding and accepting these risks, conditions and hazards, and in the event the race is canceled or postponed, I am responsible for any costs I have incurred to attend the race, including travel expenses. I also agree that I, and not the race officials or the volunteers, Seekins Ford, the City of Fairbanks, the Fairbanks North Star Borough, the Nordic Ski Club of Fairbanks, Running Club North, RRCA or other sponsors of the event, am responsible for my safety while I participate or train for this event. This waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. Entries will not be accepted without signatures below. Parent/guardian must sign for entrants under 18.

Signature: _____ Date _____

Parent Signature: _____ Date _____

SEEKINS FORD GOLDEN HEART TRAIL RUN 9:30AM, SATURDAY, AUGUST 28, 2010

THE COURSE

The Seekins Ford Golden Heart Trail Run will take place on the Jim Whisenant Ski Trails at Birch Hill Recreation Area. The start and finish will be in the stadium. Race day bib pickup will be in Rikke's Roadhouse, the small cabin on the west side of the stadium.

- Runners age 7 and under will run 1km at 9:30AM
- Runners 8-14 years of age will run 2.5Km at 9:40AM
- Runners 15 and over will race 5Km at 10:00AM

T-SHIRTS

The first 160 runners entering the race receive a Seekins Ford Golden Heart Trail Run t-shirt (within size availability). Early entries have the best chance of getting the size they request. Choice of sizes is not guaranteed for later entries.

AWARDS

- q Awards ceremony will be held immediately following the race in the stadium, or inside the Birch Hill Cross Country Ski Center in the case of inclement weather.
- q Awards:
 - Prize table for the top 2 male finishers overall, and the top 2 female finishers overall
 - The top 3 finishers in each age class will receive ribbons
 - All youth finishers will receive ribbons

DRAWING

- q There will be a drawing for a merchandise prize, courtesy of Woolly Rhino
- q You must be present to win.

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register online @ active.com

WHERE THE MONEY GOES:
*Proceeds from the race above
and beyond expenses will
support the youth ski programs
of the Nordic Ski Club of
Fairbanks*

HOW TO REGISTER

- q ENTRY FORMS ARE AVAILABLE for pickup at: Seekins Ford, Beaver Sports, and the Toy Quest.
- q DROP OFF completed forms at Beaver Sports.

ENTRY FEES - THRU AUGUST 26

- q Early Entry Fee is \$15 for runners 15 and over
- q Early Entry Fee is \$10 for runners 14 and under
- q \$15.00 if your form is received by 5:00pm, Thursday, August 26, or if you enter at early bib pickup at the Seekins Ford between 4:30pm and 7pm on the 26th.
- q Early registration increases the likelihood of receiving a t-shirt in the size you request!

LATE ENTRY FEES

- q The entry fee for entries received not later than 5:00pm Friday, August 27, is \$20.00
- q The fee for those who register on the day of the race is \$25/person

EARLY BIB PICKUP

- q Pick up your number/bib and t-shirt early and avoid the race day rush by going to Seekins Ford between 4:30pm and 7pm, on Thursday, August 26.

**THE GOLDEN HEART TRAIL RUN IS ALSO
SUPPORTED BY THESE SPONSORS:
WOOLLY RHINO, HOT LICKS ICE CREAM,
BEAVER SPORTS AND IN MY ELEMENT**



TIMING / AGE CLASSES

- q All runners who cross the finish line will be timed
- q Competition will be held in 16 age classes for each sex:

under 10	10-11	12-14	15-17
18-29	30-34	35-39	40-44
45-49	50-54	55-59	60-64
65-69	70-74	75-79	80+
- q Age-classes are based upon a competitor's age on the day of the race.

FLINT HILLS CUP

- q The Seekins Ford Golden Heart Trail Run is the penultimate event in the RCN Flint Hills Cup Series, and is the final event in the series for runners under 18 years of age
- q Flint Hills Cup points will be awarded in accordance with the scoring rules for the Series.
 - Top 50 men/Top 50 women
 - Top 20 in each class

MORE INFORMATION

Call the Nordic Ski Club of Fairbanks at 347-1061

