

*** BLUE SPRINGS HALF MARATHON, 50 MILE & 50K *
 26.2 MILE RACEWALK 6 PERSON RELAY
 LARRY MATTONEN MARATHON (26.2) RUN or WALK**

ALL COURSES MEASURED AND CERTIFIED 15TH ANNUAL

7AM SUNDAY OCTOBER 25, 2009. EARLY START AT 6, or when you wish.

Start: M78 shelter located a mile West of the traffic circle at the intersection of highways 7 and 78. From I-70 drive North about 7 miles on 7 highway to reach the traffic circle. Blue Springs is 17 miles East of Kansas City on Highway I-70.

**PACKET PICKUP/REGISTRATION SATURDAY 5 TO 7 PM AT FAZOLI'S RESTAURANT
 FAZOLI'S, 810 HIGHWAY 40, BLUE SPRINGS, JUST WEST OF HIGHWAY 7**

WAIVER: I know that running a trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume any and all risks associated with running this event, including but not limited to falls, ticks, contact with other participants, bad weather, freezing weather, and poor footing, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge the Race Committee, Louis Joline, The Blue Springs Runners, The Cities of Blue Springs and Independence, Jackson County, race sponsors and race volunteers, from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. (All team members must sign below)

Fees: Solo \$25, \$30 race day, Relay Team walkers \$15 each, \$20 race day.

RELAY WALKERS NAME	Sex	Age	Phone	Run Fee	Shirt size	Signature
1 _____						
2 _____						
3 _____						
4 _____						
5 _____						
6 _____						

NAME OF THIS RELAY TEAM: _____

SOLO RUNNERS MUST FILL IN THE FOLLOWING: **SIGNATURE:** _____

Name: _____ **Sex:** _____ **Date of Birth** _____ **FEES:** \$ _____

Address: _____ **City:** _____ **Shirt size:** _____

State: _____ **Zip:** _____ **Email:** _____

Phone home: _____ **Work** _____ **EVENT:** _____

**MAKE CHECKS TO: THE BLUE SPRINGS RUNNERS. Questions: 816-679-8185
 MAIL TO LOUIS JOLINE, 64-Anchor Dr., Lake Tapawingo, MO 64015, ljoline@aol.com.**

- Motels:
- The American Inn, I-70 & Woods Chapel, Blue Springs, MO 816-228-1080 (cheap)
 - The Interstate Inn, I-70 & Woods Chapel, Blue Springs, MO 816-229-6311 (cheap)
 - The Hampton Inn, , indoor pool, 816-220-3844 (moderate)
 - Motel 6, 901 NW Jefferson, Highway 7 exit, 816-228-9133 (cheap)
 - Sleep Inn, 451 NW Jefferson, indoor pool, 816-224-1199 (mderate)
 - The Hilton Inn, Blue Parkway Exit, 800-445-8667 (upper scale)

NOTE: WE WILL NOT BE CALCULATING HANDICAP RESULTS THIS YEAR. There will be awards for the first place male and female winners in each event. Certificates with your time will be made upon request.

ELITE RUNNERS: Free entry if you have a marathon time in the last 3 years below 2:45 (male) or 3:06 (female).