

# John Holmes 50K Trail Run & 16mi Fun Run Hosted by WeCeFAR



**Races:** John Holmes 50k Trail Run

John Holmes 16mi Fun Run

**Where:** Withlacoochee State Forest, NE of Brooksville FL (60min drive N of Tampa, 80min from Orlando)

**When:** Saturday Oct 10<sup>th</sup> 2009, 50K starts at 7am, 16mi Fun Run starts at 8am.

**Course:** The challenging course follows 4 repeat loops on the Croom Hiking Trail through central Florida's long leaf pines and scrub oak covered hills, past creek bottoms & cypress ponds. There will be a 4:00pm cut off.

**Entry Fee:** The 50K Race is \$55 before Sept 26th, \$65 after. The 16mi Fun run is \$30 before Sept 26th, and \$35 per person after said date. **No refunds or transfers.** LIMITED to 200 Runners. Day of race entry is discouraged but accepted (if we are still under 200 entrants). Late entries run risk of not getting a shirt or race packet.

**Checks payable to:** WeCeFAR

**Mail entries to:** 10106 Moores Mill Ct  
Tampa, FL 33615-1621



**Online Registration:** [http://www.active.com/event\\_detail.cfm?event\\_id=1722532](http://www.active.com/event_detail.cfm?event_id=1722532)

**Host Hotel:** Days Inn at 6320 Windmere Rd, Brooksville, (352)-796-9486. 0.2mi east of I-75/98 intersection  
Ask for "John Holmes Trail Run" rate of \$49 & call before Oct 4th.

**More Info:** Jim Bodoh (813)-884-1862  
e-mail: [CTR@Tampabay.rr.com](mailto:CTR@Tampabay.rr.com)  
<http://www.WeCeFAR.com>



**Awards:** Shirts to all entrants, Trophies for Overall Male/Female, 1<sup>st</sup> place male/female within ten-year age groups for 50k.  
No trophies awarded for 16mi fun run.

Last Name \_\_\_\_\_ First \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Birth date \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ e-Mail \_\_\_\_\_

50K \_\_\_\_\_ or 15mi \_\_\_\_\_

Shirt size: S M L XL

**Incomplete or unsigned entries will not be accepted**

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 agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associate with running including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the condition of the course and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the West Central Florida Adventure Racing and its officers and agents, all sponsors, their representatives and successors, it's officers, directors, agents and employees, from all claims or liabilities of any kind arising out of my participation in this activity even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (parents Signature if under 18) \_\_\_\_\_