

LOCATION

Eagle Island State Park, 8 miles west of Boise, Idaho.

A free park entry pass for one car is included in your entry fee.

TIME

24-Hour Start: 6:00 pm, Friday, March 30, 2012

12-Hour Start: 6:00 am, Saturday, March 31, 2012

Finish of both races: 6:00 pm, Saturday, March 31, 2012

COURSE

You were always looking for a timed race without asphalt and concrete hurting your feet and joints, where you can enjoy nature while running on trails. Look no more. This beautiful course is a 2.5 mile "lollipop loop" composed of dirt trail and gravel road bordering the Boise River and Eagle Island pond, long enough to keep you interested, yet short enough to provide frequent aid.

CREWS & AID

You may set up your own aid station containing your own supplies using tables, tents, canopies, personal aid, crews, etc. in a dedicated, covered space.

Food and aid (including medical assistance) will be available every 2.5 miles at the official race aid station as you complete each lap. Remote, self-serve aid station located on the course about mile 1.6.

VOLUNTEERS

Each runner is required to furnish one volunteer for the race to fill a minimum 4-hour shift. If you are coming from out of town and cannot bring a volunteer, please contact the race directors to make arrangements.

RULES

For complete race rules, please read the website: 24hour.pickledfeetultras.com

RACE FEATURES

- Idaho 24- and 12-Hour Championship race & awards ceremony.
- Beautiful park location where non-running family members can take a walk and meet runners on the course or play with kids on the great play structure.
- Start time allows local runners to come to the race after work on Friday and be home Saturday night with a full day of recovery before work on Monday.
- Saturday evening finish time allows families to enjoy the park on Saturday, be there for your finish, and enjoy the post-race dinner and awards with you.
- 12 hour runners start at 6:00 am on Saturday, adding some fresh faces to the scenery as dawn breaks on the second 12 hours for 24-hour runners.

<http://24hour.pickledfeetultras.com> | pickledfeetultras@gmail.com



24 and 12 Hour Races
March 30-31, 2012

Test yourself against the clock and some of the northwest's top 24-hour runners at Idaho's premier timed race. How far can you go in 12 or 24 hours? Achieve your goals on mild terrain with excellent support. Whoever runs the most miles in 12 or 24 hours wins.

REGISTRATION FORM

Name _____

Mailing Address _____

City, State, Zip _____

Email (please print clearly): _____

Phone: _____

Birthdate (incl. year): _____ **Male** **Female** (circle one)

Shirt size (circle one): Men's: S M L XL XXL

Women's: S M L XL XXL

12 Hour _____ **24 Hour** _____

Emergency Contact Name/Phone: _____

Please indicate the race number you would like: _____

(Range 1-500, numerical only)

Each runner is required to furnish one volunteer for the race. We will contact them to find out their preferred time to volunteer for a 4-hour minimum shift.

Volunteer name: _____

Volunteer email: _____

Volunteer Phone: _____

What is your mileage goal for the race, if you have one? _____

Runners (and volunteers) get a post-race meal as part of their fee; family members/crews must purchase a meal ticket for \$10 each if they would like to eat.

How many meal tickets would you like? _____

Through February 29 at 11:59 pm {24 Hour: \$83.99; 12 Hour: \$71.99}

March 1 - March 15th at 3:00 pm {24 Hour: \$91.99; 12 Hour: \$79.99}

Registration closes Thursday, March 15, 2012 at 3:00 pm.

80% refunds will be given through March 10. No refunds after March 10.

Please mail this signed registration form with your check to

Pickled Feet Ultra Running, 3404 Central Park St, Caldwell, ID 83605

Make checks payable to Pickled Feet Ultra Running; make sure you include the correct registration price and meal ticket fees.

WAIVER & RELEASE



I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in the Pickled Feet 24 Hour and 12 Hour Runs. I have sufficiently trained to participate in this event and am in good health. I am capable of making rational decisions and judgments for the safety and welfare of myself.

By signing this waiver, I declare that I am a voluntary participant in this event, I am in good physical condition, and I am choosing to participate in whatever weather and course conditions present themselves on race day. I will be smart, use common sense, push hard and keep going, yet know when to quit; I will bring my sense of adventure and good attitude, have fun, and leave my whining at home. I accept the rules, conditions, and regulations of this event and will comply with them. If I do not comply with all the rules of the event, I understand that I may be removed from the competition or banned from future Pickled Feet Ultra Running or Idaho Trail Ultra Series events.

I know and accept that this event is a potentially hazardous activity and I, my heirs, executors, and administrators hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event, and I hereby waive, release and hold harmless and covenant not to file suit against the Pickled Feet 24 Hour and 12 Hour Runs, Pickled Feet Ultra Running, Emily Berriochoa, Davina Jackson, The PULSE Running & Fitness Shop, USA Track & Field, the State of Idaho, Eagle Island State Park, and its representatives and associates, and any other affiliated individuals with these organizations, any race sponsors and their agents and employees, all medical and other safety personnel assisting with the running event, their representatives, successors, and assigns, and all other officers, directors, members, volunteers, and agents associated with this event (The "Releases") from any loss, liability, or claims I may have arising out of my participation in this event, including personal injury or damage suffered by me or others, including death, whether same be caused by falls, contact with participants, conditions of the course, negligence of the Releases, acts of God, or otherwise. I further agree that I will defend, indemnify and hold harmless the Pickled Feet 24 Hour and 12 Hour Runs, Pickled Feet Ultra Running, Emily Berriochoa, Davina Jackson, The PULSE Running & Fitness Shop, USA Track & Field, the State of Idaho, Eagle Island State Park, and its representatives and associates, and any official sponsors, volunteers, directors, officers, members, agents, and medical staff of each, against all claims, demands and causes of action, including court costs and attorneys' fees directly or indirectly arising from any action or other proceeding brought by or prosecuted for my benefit contrary to the Waiver & Release. This release extends to all claims of every kind and nature whatsoever, whether known or unknown.

I give my full permission to Pickled Feet Ultra Running and its sponsors to use any photographs, video recordings, and other recordings of me that are made during the course of this event.

I understand that this Waiver and Release may be stored electronically and that a copy is authentic and admissible as evidence in any future dispute.

Participant Signature

Date

THIS REGISTRATION IS NOT VALID UNLESS YOU SIGN AND DATE THE WAIVER ON THE RIGHT OF THIS PAGE.