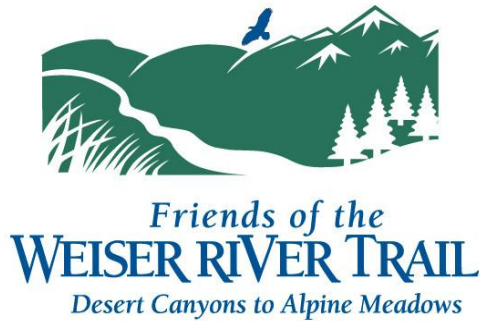


# 3<sup>rd</sup> ANNUAL WEISER RIVER TRAIL 50K RELAY AND SOLO RUN

Saturday, April 28<sup>th</sup>, 2012

Presented by:



Sponsored by:



## START

Rodeo Grounds at Council, Idaho (1 mile north on Highway 95)

Solos – 9:00 a.m.

Teams – staggered starts at 9:30, 9:45 and 10:00 to be determined by team-estimated completion time.

## COURSE

The course is 50-kilometers point to point (31 miles) from Council to Midvale, Idaho using the scenic Weiser River Trail. The trail runs alongside the Weiser River, through canyons and across open farmland. There is very little elevation change on the course, as the trail is a converted railroad bed and rail-trails gradually gain or lose elevation. Generally, going from Council to Midvale, the trail goes downhill gradually.

## RUNNER CLASSIFICATIONS

We are limiting entries to 50 teams (up to 5 runners each) and unlimited solos this year. We will have the following classes:

### Solos (minimum age 18)

- (1) Men (18-49)
- (2) Women (18-49)
- (3) Seniors (any gender, age 50 and over)

### Teams

- (1) Open (any gender and age mix)
- (2) Masters (any gender mix, age 40 and over)

## SUBSTITUTIONS/CHANGES

Substitutions may be made up to race morning. All entrants must read and sign waiver/entry form.

## CANCELLATIONS

There are no cancellation refunds; however, a team may transfer people up until race day.

## PACKET PICKUP/LATE REGISTRATION

Registration will be online at <http://www.bluecirclesports.com>. Paper entry forms will be available at Shu's Idaho Running Company in Boise, Idaho. Entry fees will be \$60 per solo and \$200 per team until April 15. Late registrations (after April 15) will be \$75 per solo and \$250 per team. Team Captains and Solos can pick up packets with bib numbers at Shu's Idaho Running Company, 1758 W. State, Boise, Idaho from April 25 to April 26 during regular store hours. For anyone registering on or after April 15, the packets can be picked up at the Council Rodeo Grounds in Council, Idaho from 5:00 p.m. to 7:00 p.m. on Friday, April 27, 2010. Packet pickup is also available on Race Day from 7:00 a.m. to 8:30 a.m. at the Rodeo Grounds in Council, Idaho. All teams and solos must sign in on Saturday morning and pick up their timing chips; we need to know who is on the course! Team Captains distribute numbers to team members before the race.

## PRE-RACE MEETING

A pre-race meeting will be held at 8:30 a.m. Saturday morning at the Rodeo Grounds starting point in Council, Idaho.

## SOLO RACE RULES

Solos start at 9:00 a.m. in Council and can be met at the exchange points by a support vehicle with extra clothing, liquids, food, etc. Drop boxes for each relay exchange station will be provided for unsupported solo participants. Items for the drop boxes can be left in Council for distribution along the race course. There will be cutoff times at the Cambridge and Shoepeg checkpoints. Runners must pass Cambridge checkpoint by 2:30 p.m. and Shoepeg checkpoint by 3:45 p.m. or they will be stopped and given a ride to the finish or they will be totally unsupported from that check point and beyond and will not be considered the responsibility of the event, the staff, or the volunteers. (This is a 15.5 minute mile)

## TEAM RACE RULES

The team relay race starts in three waves (determined by each team's estimated completion time) from the Rodeo Grounds in Council at 9:30 a.m. Saturday, April 28. The route consists of 5 legs, varying from 5.0 miles to 9.1 miles in length between designated runner exchange points. Race officials will assist at exchange points and road intersections. There is a baton that will carry the timing chip; team members must exchange the baton in between the marked white lines. **Each team member must run at least one leg, and finish the leg he or she started. No substitutions within a leg are allowed. Substitutions will disqualify the team. In the event of injury preventing a runner from finishing his designated leg, another team member may complete that leg, BUT the retiring team member cannot run again during the race. Only one such substitution per team is permissible and must be reported to the race officials.** Teams will determine among themselves which leg (or legs) members will run. Individuals running more than one leg can do so in any sequence; e.g. two or more legs in a row, or one leg at the start of the race and a second leg near the end, or your choice! Runners must exchange only at the designated exchange points!

**In order to ensure teams receive a correct finish time, only the member of the team running the last leg should cross the finish line on the course. Other team members may stand along the finish chute, but must be clearly off the course.**

## RULES OF THE ROAD

Teams must provide their own vehicles to support and transport runners. There will be many support vehicles on the road at any time. Maps will be provided to each team driver with instructions to get to the checkpoints. Safety is always a primary concern. Please cooperate with race volunteers and law enforcement officers. Failure to follow their directions will result in disqualification of the team. Please do not trespass on private property. Trespassing will result in immediate disqualification. Precautions have been taken in selecting exchange points with adequate parking space. Race management will try to mark permissible parking at each checkpoint, and monitors/traffic control personnel will be provided where needed. The race is on the Weiser River Trail and not on highways. The chance of mishap will be negligible if basic rules are followed:

- Runners should be aware of road crossings. The Weiser River Trail crosses numerous driveways, access roads, and streets. Coming into Cambridge, the trail crosses Highway 95.
- Race numbers should be worn on the front of the runner's outermost garment.
- No bicycles are allowed on the trail for runner support.
- Runners should be alert for other trail users on the trail that day, walkers, runners, bicyclists and equestrians use this trail. Visibility is excellent – you can see others coming for blocks! Be courteous and yield to the casual user. Horses appreciate it if you stop and then speak to them so they know you're OK!
- A relay team should limit itself to one passenger sedan and/or van to prevent road congestion. Motorhomes and RVs larger than the standard van are not allowed at the checkpoints because of parking limitations.
- Runner exchange points must be clear of vehicles. Parking will be nearby in most cases. Please park and pull out from parking carefully, checking for runners, pedestrians, and other vehicles.
- Be aware that vehicular traffic will be the heaviest in exchange points 1 and 2, where runners might be bunched together. By exchange points 3 and 4, they should be relatively spread out.
- **Team and Solo dropouts MUST notify race officials immediately.**
- Team captains should make sure that all team members have read and fully understand the regulations in this race manual.
- No dogs allowed at the event.
- Be courteous, cooperative, and good sportsmen and women.
- Most important of all...HAVE FUN!!!

## **MEDICAL ASSISTANCE/REFRESHMENTS/RESTROOMS**

All teams and all solos should provide their own water and food during the race. Take along a variety of clothing, weather is unpredictable in late April. Limited refreshments and drop boxes will be at each exchange point, but there are no water stops between exchange points. All exchange points will have portable restrooms as well. EMTs will be on call from area towns – Midvale, Cambridge, and Council.

## **SHUTTLE RESERVATIONS FOR SOLOS**

Solo runners may park at either Midvale or Council. Free shuttle service from Midvale to the starting line in Council will be provided the morning of the race on a reservation only basis. Contact the race director to reserve your shuttle seat. The shuttle will leave Midvale promptly at 7:00 a.m. Free shuttle to return to Council will also be available after the race.

## **THE FINISH!!**

Teams and supporters are encouraged to gather at the City Park in Midvale, Idaho to greet runners at the finish line. We will be serving a lunch at the City Park in Midvale from 1:00 to 4:00 p.m. Awards and special drawings will be at 3:00 p.m. Please stay and join the fun!

## **AWARDS**

### **SOLOS**

All runners will receive a completion prize, with additional awards for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place men, women, and senior divisions.

### **TEAMS**

We will be giving 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place prizes for each division of open and masters. All teams will receive a completion prize!

## **COURSE LEGS**

The entire course is a converted railroad bed, with packed dirt/gravel trail surface. It very gradually descends in elevation from start to finish. Approximate mileages of each leg are:

Leg 1 - Start to Mesa Siding	5 miles
Leg 2 - Mesa Siding to Goodrich	7 miles
Leg 3 - Goodrich to Cambridge	9 miles
Leg 4 - Cambridge to Shoepeg Road	5 miles
Leg 5 - Shoepeg Road to Midvale	5 miles

## **LODGING AND DINING**

There are several choices for lodging and dining in the Weiser River Valley. Check out the listing on our website [www.weiserrivertrail.org](http://www.weiserrivertrail.org) for a complete selection. There is a no-host spaghetti supper at One-Eyed Jacks in Council on the night before the race. Show up and enjoy the food and mixing with other participants.

## **CONTACTS:**

### **REGISTER ONLINE AT [www.bluecirclesports.com](http://www.bluecirclesports.com)**

Links to registration/manual/local information at our website – [www.weiserrivertrail.org](http://www.weiserrivertrail.org)

CRAIG KJAR, Race Director – 208-514-0362 or 208-571-7447 [wrt50krun@gmail.com](mailto:wrt50krun@gmail.com)

BARB MCGANN- 208-286-7279 [barbmcgann@inbox.com](mailto:barbmcgann@inbox.com)

DOT WIGGINS – 208-286-7620 [dotwgns@ruralnetwork.net](mailto:dotwgns@ruralnetwork.net)

PAM HAYNES – 208-887-2068 [purplepassionmanager@yahoo.com](mailto:purplepassionmanager@yahoo.com)

DAN DICKERSON – 208-452-2360

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Running in the USA [www.runningintheusa.com](http://www.runningintheusa.com)

**REGISTER ONLINE AT [www.bluecirclesports.com](http://www.bluecirclesports.com)**

**ENTRY FORM: Use this only if you cannot register online - (Send to: Craig Kjar at 332 East 36<sup>th</sup> Street Garden City, ID 83714-6525 or email to [wrt50krun@gmail.com](mailto:wrt50krun@gmail.com))**

Choose event:

Weiser River Trail 50K Relay (Open)

Weiser River Trail 50K Relay (Masters)

Weiser River Trail 50K Ultra (Solo)

TEAM NAME: \_\_\_\_\_

# OF TEAMMATES: \_\_\_\_\_

LIST OF TEAM MEMBERS:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

ESTIMATED TEAM TIME BY AVERAGE PACE PER MILE \_\_\_\_\_

(FOR STAGGERED START)

BRINGING VOLUNTEER:    Y   N    NAME: \_\_\_\_\_

SHIRT SIZE:

UNISEX – X SMALL

UNISEX – SMALL

UNISEX – MEDIUM

UNISEX – LARGE

UNISEX – X LARGE

**Event Waiver**

I know that running a road race, or participating in any athletic event is a potentially hazardous activity. I should not enter and participate 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 associated with running in this event, including, but not limited to falls, contact with other participants, the effects of weather, traffic and the conditions of the road all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release Blue Circle Sports, LLC, the state in which the event takes place, as well as the town, city and county in which the event takes place. I also waive and release all organizers, sponsors, hosts, volunteers, contractors, and other participants, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of the negligence or carelessness on the part of the persons named in this waiver. I further assume and will pay my own medical expenses in the event of an accident, illness, or other incapacity regardless of whether I have authorized such expense. I hereby grant full permission to the event and/or agents hereby authorized by them, to use any photographs, videotapes, or any other record of this event for any legitimate purpose at any time without compensation. I have read and understand this waiver. I also understand that my entry fee is non-refundable, and non-transferable. A parent must accept if the child is under 18 years of age. This certifies that the child has permission to participate and agrees to the previously stated waiver.

TEAM CAPTAIN'S SIGNATURE (ALL MEMBERS MUST SIGN AN EVENT WAIVER PRIOR TO RACE)

\_\_\_\_\_ DATE: \_\_\_\_\_