

**TWENTY THIRD ANNUAL ANGELES CREST 100 MILE ENDURANCE RUN Pre-entry by January 1, 2010**

**August 28, 2010 5:00AM Wrightwood, California**

**THIS ENTRY CONTAINS A LIMITATION ON YOUR LEGAL RIGHTS - READ IT!**

I wish to enter and participate in the Angeles Crest 100 Mile Endurance Run. I accept the rules, conditions, and regulations of the event and will comply with them. I acknowledge that I am responsible for my pacers and crew, and can be disqualified for their violations of the rules. I am aware that this trail run of 100 miles is extremely difficult and hazardous for even well conditioned athletes under the most favorable of conditions. This run covers difficult mountainous terrain and spans great extremes of altitude and temperature. I am aware that I should not participate in this even unless: a) I am in excellent physical condition, b) I have previously run ultra-marathon distances (50 miles) on rugged trails, and c) I have recently (in the last 12 months) had a complete physical examination, including a stress electrocardiogram, by a licensed medical doctor and there are no medical conditions that will prevent me from participating in this event that will endanger myself or other participants. I am also aware that I may be exposed to physical injury from a number of natural factors including snow and other hazards on the trail, lack of water, communicable diseases, wildlife, and to hazards of vehicular traffic and other hazards attendant to running along or across roadways during the day or at night. I understand and accept that the risks include the fact I may become injured or incapacitated in a location where it is difficult or impossible for the Run's management to get required medical aid to me in time to avoid additional physical injury, even death. Knowing these facts, nevertheless in consideration of the Run's accepting this entry, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE, RELEASE AND DISCHARGE the Angeles Crest 100 mile Endurance Run, U.S. Forest Service, any official sponsor, entity, and the officers, trustees, directors, shareholders and/or members, agents and employees of each, all medical and other personnel assisting with the Run, or any of them and any other person connected with this running event, their representatives, successors and assigns; FROM ANY AND ALL RIGHTS CLAIMS OR LIABILITY FOR DAMAGE for any and all injuries to me or my property, or for damage caused by me or by anyone else (including Acts of God), arising out of or in connection with my participation in this event. I further agree that I will defend and indemnify the above released parties against all claims, demands and causes of action or other proceeding brought by or prosecuted in my behalf contrary to this agreement. This release extends to all claims of every kind and nature whatsoever, whether known or unknown, and I expressly waive any benefits I may otherwise have under section 1542 of the Civil Code of California, otherwise protecting me from the release of unknown claims. I understand that entry fees are necessary to meet the costs of preparation months in advance of the Run, and that if the Run is cancelled because of fire, drought, storms, acts of war, acts of God, or other circumstances beyond the control of the race management, the entry fee will not be refunded. THE ESSENCE OF THIS RELEASE IS THAT THE ANGELES CREST ENDURANCE RUN PRESENTS EXTREME AND UNKNOWN RISKS FOR WHICH I FREELY AND VOLUNTARILY AGREE TO BE SOLELY RESPONSIBLE, IN ORDER TO ENABLE THIS EVENT TO TAKE PLACE AND MY PARTICIPATION IN IT. **Once the application has been received and the check has been cancelled by the bank, there will be no refund. The application is not transferable to next years run (it can only be used for this years run). The run is limited to the first 150 runners.** The Run Organization is not responsible for any drop bags left on the course during the Race. It is the **Runners responsibility to find/retrieve all drop bags left on the course. You can enter the Race without completing the Trail Maintenance Work (TMW). The TMW Schedule will not be ready till March 1, 2010.** Eight hours of Trail Maintenance Work must be completed and postmarked prior to August 1. Race Drop Contract must be signed prior to entering the Race. Minimum age is 18 years old. No trekking poles will be allowed. For advance accommodation Call Wrightwood Chamber of Commerce: (760) 249-4320. **Race result, Dear Runner letter and Run Brochure will be on the AC100 website.**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Birthday \_\_\_\_\_ Age \_\_\_\_\_ on Race Day  
(Please PRINT or TYPE your name clearly, to have your plaque engraved correctly!)  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
(Please PRINT or TYPE your address clearly, it will save both of us a lot of time!)  
Home Phone (\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_ T-shirt size(men's size) \_\_\_\_\_ S,M,L,X  
E-mail: \_\_\_\_\_ Access to www.ac100.com Webpage: Yes / No \_\_\_\_\_

Trail Maintenance Work (TMW): I will complete my TMW at (location): \_\_\_\_\_ by (date): \_\_\_\_\_

Qualification: Completion of a 50 Mile run prior to August 1. Average weekly miles: \_\_\_\_\_

I have Completed the following marathons / ultra marathons:

Name & Distance	Location	Date	Finish Time

An entry fee of \$220.00 must accompany this application. Please make checks payable to Angeles Crest 100 Mile Endurance Run. Mail to Angeles Crest 100, 370 West Colorado St. Arcadia, 91007 postmarked before **January 1, 2010**. The entry fee is \$245.00 for entries postmarked after **January 1, 2010**; \$270.00 for entries postmarked after **March 1, 2010**; \$295.00 for entries postmarked after **May 1, 2010**; \$320.00 for entries postmarked after **July 1, 2010**. No application will be accepted after **August 1, 2010**. **Eight hours of Trail Maintenance Work must be completed prior to August 1, 2010**. Your canceled check is your receipt of confirmation. **By signing this application, I agree to the rules stated in this application and run brochure and will abide by them. No application will be accepted after August 1, 2010, however entry is limited and may close at any time, subject to entry limit.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

**AWARDS (One Bronze Award per Finisher)**

- Bronze Ram Award for the 1<sup>st</sup> male and the 1<sup>st</sup> female finisher: 18 years plus.
- Bronze 10 Point Buck for the 2<sup>nd</sup> overall finisher, if they did not receive a bronze award.
- Bronze Cougar Award for 1<sup>st</sup> male and 1<sup>st</sup> female finisher: 30 years plus, that has not won an award.
- Bronze Arabian Stallion Award for the 1<sup>st</sup> overall finisher: 35 years plus, that has not won an award.
- Bronze Rhino Award for 1<sup>st</sup> male and 1<sup>st</sup> female finisher: 40 years plus, that has not won an award.
- Bronze Eight Point Buck Award for the 1<sup>st</sup> overall finisher: 45 years plus, that has not won an award.
- Bronze Buffalo Award for 1<sup>st</sup> overall finisher: 50 years plus, that has not won an award.
- Solid Sterling Silver Buckle for finishers under 24 hours.
- Bronze Ram Buckle for finisher by the Second Sunrise (25:47).
- Bronze Ram Buckle for finishers under 33 hours.
- Distinctive acid etched Stainless Steel plate mounted on a solid hardwood plaque for all finishers (mailed 4 weeks after run).
- Five color Finisher T-shirt for all finishers.

**SPECIAL AWARDS (One Buckle per Finisher):**

- Solid 14k Gold Buckle for 1<sup>st</sup> person that breaks the overall course record of 17:35:48.
- Solid Sterling Silver/ Gold Buckle for the 1<sup>st</sup> male or female finisher who breaks the male or female course record.
- Bronze Eagle Award for any finisher that completes ten straight races.
- Bronze Elk Award for any finisher that completes ten races.
- Bronze California Grizzly Award for any finisher that completes 20 straight races.

**MULTI EVENT / MULTIDAY SPECIAL AWARDS**

- The Last Great Race on Earth - Six 100 Milers in One Year (In the last 12 months)
- Western United States - Four 100 Milers in One Year.(In the last 12 months)
- John Muir Trail Endurance Run (212 miles from Yosemite to Mt Whitney)

Send SASE: with all requests for LGR / WGS applications and information. All applicants must apply before March 1 of the race year.

