

Sponsors

Duluth Veterinary Hospital
First Photo
Austin-Jarrow
NMTC

29th Annual
Minnesota Voyageur Trail Ultra
50 Mile Foot Race
Saturday, July 24th, 2010
Carlton, MN 7:00 AM Start



Course: Out and back on difficult, rough woodland trails, starting and finishing at Carlton High School. Previous marathon and trail experience are highly recommended. Please no pacing. Cut-off at turnaround is 6 hours, other cut-offs are enforced to ensure 13 hour finish. Scenic overlooks of Duluth, MN, St. Louis Bay of Lake Superior, and as always, the famous "power lines".

Aid Stations: Well stocked approximately 3 miles apart. Drop bag stations are approximately every 8 to 10 miles.

Awards: Given in proportion to entries. Unique participant shirts, finisher awards, and banquet included in entry fee.

Entry Fees: must be at least 18 to enter (US Funds- No Refunds)

\$40 Until May 1st

\$55 Until July 10th

\$70 After July 10th

Make checks payable to MVTU

Contact Information:

Andy Holak
1935 W Kent Road
Duluth, MN 55812, (218) 728-6443
adventurerunning@gmail.com
http://www.voyageurtrailrun.com

Confirmations: Confirmations will be sent via e-mail. All race information will be posted on the Voyageur web site @ www.voyageurtrailrun.com. No race packets will be sent out via mail.

Official 2009 MVTU Entry Form

Release-Waiver -- Please Read and Sign -- No entry will be accepted without signature. Signing precludes any claim for injury. I know that running the Minnesota Voyageur Trail Ultra is a potentially hazardous activity. I understand that I should not participate unless I am properly trained, am in excellent physical condition, and have no medical condition which could worsen with intense physical activity. Knowing these facts I am entering this event at my own risk and assume all risk and responsibility for injuries I may incur or cause as a direct result of my participation in this event. In consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, agree not to hold any and all participating sponsors and supporters and the directors, employees and agents of such parties, or the City of Duluth, any Private Property Owner, Northern Minnesota Track Club, City of Carlton, and the Spirit Mountain Recreation Area Authority, and the officers and employees of such entities, or any group or individual not identified herein, responsible for any claims. Furthermore, I release and waiver the sponsors 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 negligence or carelessness on the part of the persons named in this waiver. I verify that I have full knowledge of the risks involved in this event, and that I am physically fit and sufficiently trained to participate.

Full Name _____

Address _____

City _____ **State** _____ **Zip** _____

Phone _____ **E-mail** _____

Age (day of race) _____ **Sex** M F **Shirt** S M L XL XXL

Signature _____ **Date** _____

Please feel free to copy this form and pass it on to your running buddies.