

TRAILS
"Rock"

Feet First Promotions presents the "Original"

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San Juan Trail 50K

Saturday March 6, 2010

- Where:** Blue Jay Campground, Cleveland National Forest. Take Ortega Hwy (74) inland from San Juan Capistrano (15) about 21 miles, turn left at wooden sign and balloons.
- Start:** 7:00 AM prompt, limit 8 hours, cut off at 19.5 miles 5 hours.
- Entry Fee:** \$65 before February 28th, thereafter add \$20, including race day. Sorry no refunds. **150 runners limit.** No pacers.
- Course:** 31 tough miles. Forest trails and dirt roads, between 2,000 & 4,200 feet. Total climb 6,627'.
- Aid Stations:** 5 locations. Please carry water at all times. Food and drink at finish line.
- Awards:** Overall winners and age groups. Bring a chair to enjoy Baz's famous *Magic* Raffle after 1PM.
- Weather:** Average temp. 60 to 74 degree, come prepared for all conditions, the race goes on.
- More info:** Park in designated areas in Blue Jay Campground. Please show your \$5 Forest Service day-pass in your vehicle. A ticket will cost you only \$5 anyway. Come early. Trail briefing will give all the latest trail conditions, etc. Food and drink will be available for all finishers in Blue Jay. Please leave your four legged pets at home. All vehicles must be removed from lower Blue Jay by 4 PM.

For further info, contact BAZ at bazhawley@sti.net or BAZ's home 949-830-5008 after 6 PM.

For other info and updates go to Baz's website www.bigbaztrailraces.com

Portions of this event are under Special Use Permit with the USDA Forest Service whose policy prohibit discrimination of national origin, age or handicap.

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Official Entry Form

SJT 50K, March 6, 2010

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Make check payable to "Feet First Promotions" \$65 (add \$20 after Feb 28th)

Return to Baz Hawley 73-R Calle Aragon, Laguna Woods, CA 92637

Name _____ Age _____ Sex: **M - F** circle T-shirt: **S M L XL**

Address _____ City _____

State _____ Zip _____ Phone _____ Home _____

Waiver Of Liability In consideration of your accepting this entry, I, the here signed, intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages that I may have against the race director, volunteers, USAT&F, all sponsors and their representatives, successors and assigns for any all injuries suffered by me in said event. I verify that I am physically fit and have sufficiently trained for the competition of this event and my physical condition has been verified by a licensed medical doctor.

Signature _____ Date _____ E-mail address _____

(Runner under 18 years must have parent's signature.)