

Feet First Promotions presents Big Baz's 21st Annual
Shadow of the Giants 50K

TRAILS
"Rock"

20K Fun Run
Saturday June 5th, 2010

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"Rock"

- Where:** Green Meadows Outdoor School, Fish Camp, California. 2-miles south of Yosemite National Park, on Hwy 41. Only one hour drive north of Fresno International Airport.
- Start:** 7 AM for 50K, 7:15 AM for 20K Fun Run. 8-hour limit for 50K. Follow ribbons and arrows.
- Entry Fee:** \$65 before May 24th; \$85 thereafter including race day. No refunds.
\$30 for 20K Fun Run. No awards, you run a loop on the 50K course.
- Cut Off:** TBA at trail briefing, always depends on trail conditions.
- Course:** **31 plus** miles of old forest roads and single-track trails. Passing through 3,200-year-old Giant Sequoias in the famous Nelder Grove, bring your camera. Elevation gain 5,932 feet.
- Weather:** Always magic, just ask ME! Temperature 50 to 75 degrees. Come prepared.
- Aid Stations:** Every 4 to 7 miles, please carry water at all times. Lots of food goodies and nice people.
- Awards:** Overall winners; men/women and age groups. Big Baz's "**Magic**" Raffle follows the awards, bring chairs and enjoy the gayety. Soup and salad for all finishers in dining hall after 12 noon..
- More Info:** More info including course map, area accommodations, etc. on www.bigbaztrailraces.com. Sleeping bag dorm type accommodations available at Green Meadows - \$15 per night. Friday night pre-race meal starts 5:30 PM at GM, only \$15, meat and meatless lasagna plus dessert. Non-runners welcome. Please request meals with entry, it is popular. GM wants you to leave your pets at home, me too! Small charge for sleeping in parking area. Call **BAZ** on 559-683-7420, but prefer you email bazhawley@sti.net

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

-----**Official Entry Form**-----

Shadow of the Giants 50K

\$65 (\$85 race day)

20K Fun Run (\$30).

Saturday June 5th, 2010

Make check payable to "**Feet First Promotions**"

Send to Baz Hawley,

50612 Road 426, Oakhurst, CA 93644

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