



ANOTHER ULTRA ON THE APPALACHIAN TRAIL

The **Craig Creek 50k Big Fun Run** will be a low key trail run December 31, 2005 mostly on the Appalachian Trail south of Roanoke. The idea for this run came from running in these woods and on these trails and wanting to share that experience. There will be a limit of 40 runners. The run will go on regardless of the weather. Runners will meet at Caldwell Fields (see directions below). Camping is allowed. Hotels in Blacksburg are about 20 miles from the starting line. Starting time is 8 am. Please arrive at Caldwell fields by 7 am. Runners will be shuttled 5.4 miles to the start. The run begins on the AT heading north and the turn-around is near the Dragons Tooth parking lot. Runners finish at Caldwell fields.

Entry Fee: \$25 includes long sleeve Patagonia performance shirt. Ample aid will be provided. Deadline for RECEIPT of entry: 12- 3-05 with a shirt**; after 12- 3-05: \$35 with a shirt but you will not receive your shirt on race day. Entries without a shirt are \$15 at any time. \$2 entry fee discount for Blacksburg Striders paid members. **Entries will be limited to a total field of 40 participants.**

***If unsure whether mailed entry will arrive by 12/3, email Katherine Phillips (at kmpvpi@vt.edu) the entry information by 12/3, with mailed entry postmarked by 12/3.*

Directions: From I-81 (N&S): Take exit 118B, following signs/exits towards Virginia Tech and Blacksburg. Stay on Rt. 460W, following sign

towards Virginia Tech and Bluefield, WV. Go past Blacksburg, up Brush Mountain (you are still on 460W bypass not business) and turn right on Craig Creek Rd. Go 8.9 miles to Caldwell Fields on the right.

There is a sign. There will be a shuttle to take runners the 5.4 miles to the start. The run will start on the AT and head north. The course is out and back. The run will finish at Caldwell Fields.

Further information: Contact Michael Holland (540) 818-9450 or e-mail: michael.holland@navy.mil.

Information on joining the Blacksburg Striders is at URL <http://www.civic.bev.net/striders/member.htm>

Entry form:

2005 CRAIG CREEK 50K BIG FUN RUN

Leave Blank _____

Last Name _____ First Name _____

Mailing Address _____
Street address _____ City _____ State _____ Zip code _____

Age as of 12- 31- 05 _____ Male _____ Female _____ Phone _____

E-mail address: _____ T-shirt size (XS, S, M, L, XL, XXL) _____

Check enclosed: Blacksburg Striders paid member: _____ (\$23; \$33 after 12/3/05) Non-member: _____ (\$25; \$35 after 12/3/05).

(Entry without shirt: \$15 non-members _____; \$13 Blacksburg Striders paid member: _____)

Send entry and check (made payable to Blacksburg Striders) to: Craig Creek 50K, Katherine Phillips, 1975 High Ridge Dr., Blacksburg VA 24060.

Waiver: In consideration of being permitted to participate in the 2005 Craig Creek 50k Big Fun run, I, _____, do hereby for myself, my heirs, executors, administrators and assignees, release and forever discharge Craig Creek 50k Big Fun run, The Blacksburg Striders and their respective officers, employees, agents, subsidiaries and affiliates, all sponsors, and all those persons involved in organizing and manning this event from all claims, demands, losses, damages, actions, cause of action or suits of whatsoever kind or nature, arising out of my participation in the 2005 Craig Creek 50k Big Fun run. I realize that some of the activities may subject me to certain stresses and hazards not all of which can be foreseen. I desire and consent by signing this form, to take part in all such activities. I assume all the ordinary risks normally incident to the nature of the activities.

Signature: _____ Date: _____

Signature of Parent/Legal Guardian Relationship if Participant is under Age 18 years:

Date: _____