



Bimblers Bluff 50k Trail Race
Guilford Lakes, Guilford CT
October 25, 2009 08:00 am
www.bimblersbluff.com



"...I should have listened..."

COURSE DESCRIPTION: The Bimblers Bluff is a challenging 50k route entirely off-road (just 4 road crossings). The course inter-connects several woodland trail systems to the north of Guilford and Madison, CT. With several feet of tough elevation ascents and descents you should expect to negotiate lots of rocks, roots and get your feet wet! The route takes runners through the Genesee Preserve which is normally only accessible by permit and up over Bluff Head and around the Rockland Preserve before heading back to Guilford. This is a true trail race and the technical nature of the terrain will mean that you shall be exposed to the risk of injury. You must accept personal liability for this risk as a condition of entry.

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|------------------------------------|-------------------------------|--------------------------------|
| Registration: | Before August 31, 2009 | Before, October 2, 2009 |
| Bluff 50k Individual | \$45 | \$55 |
| Goat or Gazelle Relay | \$65 | \$75 |
| <small>(per 2 person team)</small> | | |

Maximum entries 120 - No race day registrations - Make checks payable to Bimblers Sound
Mail to: Bimblers Bluff, C/O Jerry Turk, 806 Durham Rd, Guilford, CT 06437

Bimblers Bluff 50k Trail Race / Goat or Gazelle Relay 2009 Application

LIABILITY WAIVER: In consideration of acceptance of my entry to the Bimblers Bluff 50k Trail Race, I hereby, for myself, my heirs, my executors, and administrators, waive any and all rights and claims for damages I may have against the Bimblers Sound, State of Connecticut, Town of Madison, Town of Guilford, Guilford Board of Education, Guilford Land Conservation Trust, Guilford Conservation Commission, Guilford Sportsmen's Association, the Dominican Nuns, the Race Director, his agents and sponsors for any and all injuries suffered by me during the Bimblers Bluff 50k Trail Race. I hereby, by my signature (or signature of parent if under 18 years of age), acknowledge reading and understanding this clause, and attest and verify that I am aware of the hazards associated with this event and am physically fit and have trained sufficiently for this event.

NAME _____ AGE _____ D.O.B _____
 ADDRESS _____ GENDER (circle) F M
 CITY _____ STATE _____ ZIP _____
 PHONE _____ E-MAIL _____
 SIGNATURE _____ Circle SHIRT size S M L XL

Lower section applies to relay entries only

TEAM NAME: _____ SECOND NAME running as: GOAT / GAZELLE
 NAME _____ AGE _____ D.O.B _____
 ADDRESS _____ GENDER (circle) F M
 CITY _____ STATE _____ ZIP _____
 PHONE _____ E-MAIL _____
 SIGNATURE _____ Circle SHIRT size S M L XL