

BEAR CREEK REGIONAL PARK * COLORADO SPRINGS, COLORADO

Colorado Running Company's Cross Country Caper 5K

Saturday, January 20, 2007 — 10:00AM



*ATRA winter meeting
will follow the race at
approximately 11 a.m.,
everyone is invited to
attend.*



Entry Fee

Early entry \$10, on race day \$15. Please consider making an additional donation to El Paso County Parks or the American Trail Running Association with your entry.

Registration

Online at www.active.com, in person at El Paso County Parks Admin. Bldg., 2002 Creek Crossing (520-6375), or at The Colorado Running Company, 833 N. Tejon Street (635-3833). Race day at Bear Creek Regional Park. Race held regardless of inclement weather.

Course

Rolling course on gravel trails and single track terrain with a few natural and/or man made obstacles to navigate.

Results, Awards, Aid

Results provided by The Colorado Running Company. Prizes to the top male and top female overall. Water at the start/finish.

Directions to Race Site

Hwy 24 to 21st Street, turn South on 21st Street, turn east on Rio Grande, turn east on Creek Crossing.

Cross Country Nationals

The USATF Cross Country Nationals will be held in Boulder, CO on Saturday, February 10, 2007 and features \$40,000 in prize money. Use the Caper as a training run! For details visit: www.usatf.org/events/2007/USAXCChampionships/

Contact: Nancy Hobbs, Community Outreach Coordinator, El Paso County Parks (719) 520-6384, 499-1335, 573-4133
E-mail: nancyhobbs@elpasoco.com
www.elpasoco.com/parks or www.trailrunner.com

Cross Country Caper 5K — Registration Form

RUN #

Name _____ Sex: M F Age _____ (on 1/20/07)

Address _____ City _____ State _____ Zip _____

Phone _____ Email: _____

Liability waiver

I know that participating in a running event is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I assume all risks associated with participating in the El Paso County Park activities including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act in my behalf, waive and release any and all sponsors including but not limited to, El Paso County Parks and Leisure Services, American Trail Running Association, The Colorado Running Company, race officials volunteers and all sponsors, their representatives and successors from all claims of 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 grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Check payable to: ATRA, P.O. Box 9454, Colo. Springs, CO 80932 (<i>sorry, no refunds</i>)	
\$10 (through January 19)	_____
\$15 Race Day	_____
Donation to El Paso County Parks	_____
Donation to ATRA	_____
TOTAL	_____

Signature of Participant: _____ Date: _____

Signature of Guardian _____ Date: _____
(if participant is under 16 years of age)

The 2nd Teva Paint Mines Race will be held on Thursday, July 26 during the 2007 El Paso County Fair — "Where Everyone Wins!"