

# PACIFIC RIM ONE DAY RUN



## 24 Hour Endurance Run

9:00 a.m. March 19, 2005 to 9:00 a.m. March 20, 2005  
 Longview, Washington

### THE COURSE

The race will be held on a one mile loop on the banks of beautiful Lake Sacajawea, located at the intersection of Hemlock and Kessler in Longview, Washington. The surface is mostly gravel pathway with some sidewalk surface paved with concrete.

### RACE AID

Water, electrolyte, cookies, bananas, and other goodies to keep you fueled up will be available every mile. Race management welcomes your requests for special items (just call well in advance) or you may provide your own. Showers will be available at no charge at the nearby YMCA, located at 15th and Douglas, Longview.

### Suggested Lodging

Hudson Manor, 1616 Hudson St., Longview, WA, (360) 425-1100, email: lynne@hudsonmanorinn.com or Ramada Inn, 723-7th Avenue, Longview, WA (360) 414-1000

### AWARDS

Awards will be given to the top ten overall male mileage finishers and top five females. Hooded sweatshirts for all who complete 31 miles (50km). (As an alternate runners may choose to substitute sweat pants for sweatshirt if they desire, or both for a \$67 entry fee. Please note this in the proper place on your application.

### GENERAL INFORMATION

This event is for experienced ULTRA runners only! ROOKIES accepted only at discretion of Race Management. The Race Director and Race Officials reserve the right to refuse entry, or disqualify any person from this event. Race Management will attempt to provide lap counters, but runners are encouraged to provide their own. Weather conditions are unpredictable. Come prepared with warm clothing, etc. Splits will be recorded for 50km, 50 miles, 100km, and 100 miles. Flashlights may be used during dark hours at the runners option. Need more information? Contact Fred Willet at 903 So. Pacific Ave., Kelso, WA 98626 (360)749-4372 or e-mail: fredwillet@dslnorthwest.net

Entry Fee \$48.00

Race Date  
 March 19 & 20, 2005

### Pacific Rim One Day Run Entry Form

903 So. Pacific, Kelso, WA 98626 (360) 749-4372

### AWARD CHOICE

(CHECK ONE ONLY)

- Sweatshirt
  - Sweat Pants
  - Sweatshirt & Pants (\$67 entry)
- (CIRCLE DESIRED SIZE)  
 (s) (m) (l) (xl)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone (home): \_\_\_\_\_ (work): \_\_\_\_\_

Please enclose your entry fee of \$48.00 per runner (make checks payable to Pacific Rim Run)

**Shirt & pant orders: Please place order by March 10 to insure proper size**

WAIVER OF LIABILITY: In consideration of your accepting this entry, I, the undersigned 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 City of Longview, Longview Parks & Rec., any and all sponsors, and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor.

Signature of Runner: \_\_\_\_\_ Date: \_\_\_\_\_