

LE GRIZZ REGISTRATION INSTRUCTIONS

PLEASE: Follow instructions. Don't blow your application.
The requirements apply to all applicants without exception.



- Knowledge of the contents of the Brochure is a prerequisite for participation in the event.
- Fill out an application carefully. Be sure to check your T-shirt size and sign the waiver.
- Include \$75.00 Registration Fee. (Canadians send U.S. Funds).
- Make check payable to Cheetah Herders A.C. Do not send payment without an application.
- Mail to Le Grizz, Box 341, Seeley Lake MT 59868

Registration Deadline: September 26, 2009

- The registration fee is fully refundable until the deadline.
- After the deadline to October 5th, \$50.00 is refundable. No refunds after 5:00 p.m. October 5th.
- No refunds for application voided by forged signature.
- Unless contacted by entrants who cannot attend, Race Management reserves the option to sell their ordered merchandise and refund payment.
- 10 Bears & Chief 10 Bears candidates should submit their applications by September 1st.
- Race Management assumes no responsibility for unregistered runners.
- Check the **Confirmed Entrants** list on the website. **Do not assume you are registered until you are listed.**

Le Grizz is a USATF-Sanctioned event.

For insurance reasons you must be registered with the USATF or other IAAF Club.

You have the following options to meet the USATF requirement:

U.S. CITIZENS:

- If you are already a 2009 member of USATF, fill in your USATF # on the application down where you sign the waiver. (If you have a multi-year membership, you must also include a photocopy of your membership card.)
- If you are not currently a member, you can join on-line @ <http://www.usatf.org/membership/> and receive a membership number immediately. Click on the **USATF Contacts** link for more information. You can also renew a past membership. List your new USATF membership number on your Le Grizz application, which you can now mail. Include a photocopy of your confirmation if you elect multi-year membership. **DO NOT SEND USATF DOCUMENTS FOR 2009-ONLY MEMBERSHIPS.**

FOREIGN CITIZENS:

- If you are not a member of an IAAF club of your nationality, you need to join one. Don't apply to USATF. When you obtain a membership number, list it & your club name on your Le Grizz application. You must also secure a "Travel Permit" for competition in the U.S.A. from your club, per IAAF Rule 4(2). Include a copy of the Permit with your Le Grizz application.
- Canadians: Click on **Athletics Canada** if you need info on joining your local club. NOTE: Members of Athletics Canada Clubs in British Columbia, Alberta and Saskatchewan don't need a Travel Permit. Simply note your Membership # in the USATF # space and write the name of your Club by it.

Le Grizz applications are **NOT** accepted without the USATF requirement being satisfied as noted.

QUESTIONS ?
Call 406-677-2661.
Evenings are best.
(messages not returned)



IF PHOTOCOPYING, DO NOT REDUCE. USE INSTRUCTIONS ON PAGE 1

***** RACE APPLICATION -- READ CAREFULLY -- REFER TO INSTRUCTIONS *****

THE 28th LE GRIZZ FIFTY MILE ULTRAMARATHON

October 10, 2009

8:00 a.m.

Hungry Horse Reservoir, Montana

NAME (Print) _____

Age on Oct 10 _____ Home Phone _____

ADDRESS: _____

City _____

State _____

Zip _____

SEX: Male _____ Female _____

DIVISION: Open (Age 18-39) _____ Master (Age 40-49) _____ Senior (Age 50+) _____

T-SHIRT SIZE (Check One): Small _____ Medium _____ Large _____ Extra Large _____

T-shirts are 100% Cotton Long Sleeves.

REGISTRATION FEE: \$ _____ 75.

Extra Le Grizz T-Shirt - \$10. Sizes → _____ \$ _____.

Le Grizz Cinchpack. 15"x17" nylon backpack. Black, Blue, Green or Purple - \$15. Qty/Color → _____ \$ _____.

Old T-Shirt (2008 XL only) - \$5. Qty → _____ \$ _____.

TOTAL ENCLOSED: -----> \$ _____.

Do you currently plan to camp at the starting line? Yes _____ No _____

My longest race *EVER*: _____ miles. My longest training run *EVER*: _____ miles.

My *MOST RECENT* marathon or ultramarathon time: _____ Year _____ Distance _____

I have the following reoccurring Sportsmedicine conditions: _____

I predict that I can cover the Le Grizz course in this time range:

Minimum: _____ Maximum: _____

Any other Special Considerations? _____

THE FOLLOWING CONTAINS A LIMITATION OF YOUR LEGAL RIGHTS. READ IT!

I the undersigned understand that my participating in the LE GRIZZ 50 Miler Ultramarathon may subject me to injuries and illnesses, including but not limited to hypothermia, frostbite, heat stroke, heat exhaustion, physical exhaustion, animal attack, falling trees, road failure, and vehicle accident. I also understand that preparations by Race Management are subject to change, that radio & cellular communications in mountainous terrain are not reliable, and that on-site medical care is at the discretion of a provider and/or may not be available. In consideration of acceptance of this application, I for myself, my heirs, executors, administrators and assigns, forever waive, release and discharge any and all right, demands, claims for damage and causes of suit or action known or unknown, that I may have against THE LE GRIZZ COMMITTEE, THE CHEETAH HERDERS ATHLETIC CLUB, THE UNITED STATES FOREST SERVICE, USA TRACK & FIELD (USATF), THE NORTH VALLEY SHERIFF'S SEARCH & RESCUE, any medically trained caregivers, and any and all other participating race sponsors, supporters, volunteers and associates; and also the supervisors, directors, officers, employees and agents of such parties, for any and all injuries in any manner arising or resulting from my participation in said event and my use of electronic devices during said event, and including injuries or damages resulting from decisions or actions of Race Management which could be construed as negligence. Race Management provides non-prescription pharmaceuticals & caffeine on the course and beer at the finish line. These are available to me at my discretion, and I agree my consumption of any substances provided will be conducted in a responsible manner and in compliance with its labeling. Race Management reserves the right to halt and/or disqualify anyone at any time who in its opinion manifests a dangerous medical condition, acts in a manner detrimental to sporting or safety considerations, or is in violation of Forest Service directives or USATF rules governing the event. I attest and verify that I have read the Race Brochure, that I have full knowledge of the risks involved in this race, that I assume those risks, that I will assume and pay medical and emergency expenses not covered by USATF in the event of accident, illness, or other incapacity, regardless of whether I have authorized such expense, and that I am physically fit and sufficiently trained to participate in this race. I certify I'm currently registered with USATF or other IAAF club under the number below.

2009 USATF # _____ Signature _____ Date _____

FORGED SIGNATURE VOIDS APPLICATION

Include check (U.S. Funds) for \$75 plus Extras ordered on this application, payable to Cheetah Herders A.C.
Mail to Le Grizz, Box 341, Seeley Lake MT 59868. DO IT TODAY!

APPLICATION MUST BE RECEIVED BY SEPTEMBER 26th