



Date: Saturday, July 02, 2011

[online registration option](#)

NEW Start Time: 08:00 for the 50K and 09:00 for the 25K

Pick-up: Race kits can be picked up the morning of the race from 07:00 until 08:45.
Start: Race starts at Nottawasaga Concession 3 and 6/7 Sideroad, just south of Creemore.
Course: 25 K hourglass loop with 50% trail, 50% country road and almost no cliffs. The course is hilly, climbing the Niagara Escarpment twice with about 875M vertical ascent per loop.

Records:

25K: Mike Tickner	1:43:13	Robin Holmgren	2:04:29
50K: Alistair Munroe	4:00:37	Laurie McGrath	4:36:08

Directors: Lee Anne Cohen and Pierre Marcoux. Pierre_Marcoux@hcm.honda.com
Time limit: 8 hours. Must make the first 25 km loop in under 4 hours to continue for the 50 km.
Entry limit: The race will be capped at 200 entries. **Note: No race day registration.**
Fees: 50Km - \$60 by June 12. After June 12, \$70.
25Km - \$50 by June 12. After June 12, \$60.

Facilities: Washrooms at start/finish, no showers, but Mad river massages are available to all!
Aid Stations: Start/finish and roughly every 5 km. Water, sports drink and snacks. Drop bags will be placed at station #3 (the 12 & 17 K point).
Awards: First male & female overall, then top 3 male/female for 3 divisions (<40, 40 – 49, 50+)
Prizes: Clay finishing medal and tech T-shirt. Age category winners receive maple syrup, pottery and coffee.
Post Race: Post race pizza and refreshments available at the event site.

Directions: From Airport Road and highway 89, take Airport Road north 15 minutes to the first road north of Avening. Travel west on Concession 6/7 to the private drive at the first bend.

Supporting: ACU and St. John's Ambulance
Sponsors: Hammer Nutrition, Trail Runner, Creemore Springs Beer, Creemore Coffee Co. and Perfect Pizza.

Stay: Tent Island: Tents can be erected Friday, July 1, 2011 at the event site.
B&Bs: http://www.bbcanada.com/ontario/southwestern_ontario/creemore
Hotels: <http://www.collingwoodhotels.worldweb.com/index.htm>

REGISTRATION FORM

Please check desired event:	
<input type="checkbox"/> 25km	<input type="checkbox"/> 50km

Name: _____

Address: _____

City: _____ Prov/State: _____ Postal/ZIP: _____

Phone: (____) _____ E-Mail: _____

Date of Birth MM ____ DD ____ YY ____ Sex: Male ____ Female ____

ORA/OTFA No.: _____ Shirt Size: S M L XL

Previous Best Marathon/Ultra Time _____

Occupation: _____

Release Waiver and Indemnity

To participate in the Creemore Vertical Challenge on Saturday July 2, 2011, I accept, have read and understand all rules and regulations of the Ontario Ultra/Trail Series and of this specific event that I am entering and will comply fully with them. I am aware that a run of the distance and conditions specified for the specific event I am entering, may be extremely difficult and hazardous even for well-conditioned athletes under the most favourable conditions. I am also aware of the risks of adverse weather conditions, which may accompany the event on the day of my participation. I understand that I should not participate in this event unless: (1) I am in excellent physical condition, (2) I have trained adequately for this event, and (3) I have no medical condition that might be worsened by vigorous activity. Knowing these facts, and in consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive, release and discharge the Ontario Ultra/Trail Series and all its officials, the Ontario Road Runners Association, The OUSer committee, The Ontario Track and Field Association, all of the various sponsors, the Race Director and their staff, agents, officials, volunteers, or any other person involved in this specific event, and all government or private jurisdictions in which the specific event may take place including all Ontario Ultra and Trail events in the series, but not limited to the Ontario Provincial Government, The Ganaraska Trail Association, Simcoe County, Dufferin County, Clearview Township, Mulmur Township, Messrs Rene Petitjean, Charlie Tidd, Cliff Weston, Stuart Lombard, Jeanette Poste, Ken Day and Ron Flack from any and all claims of liability, for any and all injuries to me (including, but not limited to death), or my property arising out of, or in connection with, this event and covenant not to sue for damages with respect thereto. This release extends to all claims of every kind and nature whether foreseen or unforeseen, known or unknown. I declare that I have sufficiently trained to participate in this event and assume all risks associated with such participation in such an event. The race director (s) and/or executive members of the Ontario Ultra/Trail Series Board hold the right to cancel any event should weather or any other condition make it potentially unsafe for the participants and/or event volunteers, and reserve the right to remove any participant from a race for any reason including but not limited to infraction of rules or for medical reasons. Finally, I hereby grant my permission to the race organizers and Ontario Ultra and Trail Series sponsors to use my name, mailing address and any photographs, videotapes, recordings, or any record of my participation in this event for any purpose. My personal information will not be sold by either the Ontario Ultra and Trail Series or their sponsors.

Signature _____ Date _____

Mail to: Pierre Marcoux, RR 3 Box 30, Creemore, Ont. L0M 1G0 Tel 705 466-3253