



30TH ANNUAL LANDER HALF MARATHON

July 4, 2009

Start Times:

Walkers: 6:00am

Runners: 6:30am

RACE-DAY REGISTRATION
BEGINS AT 5:30AM (walkers)
AND 6:00AM (runners)

ENTRY FEES:

PREREGISTERED \$25.
(UNTIL NOON Mon. 6-29)
6-29 to RACE DAY \$35.

Make checks payable to: Lander
Half Marathon.

Proceeds benefit Mission of
Mercy and High Plains Skiers

Course Records:

Runners: Matt Hartsy 1:12:09 (2000),
Dawn Fischer 1:27:01 (2002) and
Brenda Gray 1:27:01 (2005)
Walkers: Pat Loper 2:15:15 (1995)

The Course: The Lander Half Marathon follows a beautiful rolling loop course on paved country roads in the scenic foothills of the Wind River Mountains. **The race begins and ends at Centennial Park in the 200 Block of Main Street in Lander.** The course proceeds west and south on Main Street 1 mile to Baldwin Creek Road. Here it turns west and follows the Baldwin Creek-Squaw Creek loop road for the next 11 miles. Racers re-enter Lander on Fremont Street, turn left on Fifth Street, and then right on Main Street for a final 0.3 miles to the finish line at Centennial Park. Total elevation gain and loss is 640 feet.

Aid stations: There will be aid stations at approximately 4, 6.5, 8.5, and 11 miles.

AWARD CEREMONY WILL BE HELD AT 9:30AM.

Pre-register at any of the following locations:

ELEMENTAL TRAINING CENTER 134 Lincoln St.
307-332-0480

Race packets may be picked up at Elemental between Noon and 5pm on Thurs., July 3.

SHIRTS AND MORE 371 Main Street

LANDER CHAMBER OF COMMERCE 160 N. 1st Street

REGISTER ONLINE AT: **elementalgym.com**

ENTRY FORM AND WAIVER

WAIVER: In consideration of this entry being accepted, I hereby for myself, my heirs, executors, administrators, person or legal representatives, and successors, assign, waive, release and forever discharge any and all rights and claims for damages I may have against the sponsors and all personnel assisting in this event, and their heirs, representatives, successors and assigns for any and all demands, suits or actions for damages or injuries that may be suffered by me in this event. I also authorize and consent to the publication of my name and/or picture in any accounting of this event. I further attest and certify that I am physically fit and have sufficiently trained for competition in this event.

SIGNATURE: (required for **ALL** entries): _____ **DATE:** _____

(If you are under 18 years, signature of PARENT or GUARDIAN is required)

NAME: (please print): _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

TELEPHONE: _____

CATEGORY (please circle one):

RUNNER

WALKER

SEX (please circle one):

FEMALE

MALE

YOUR AGE ON RACE DAY: _____

T-SHIRT SIZE: XS S M L XL