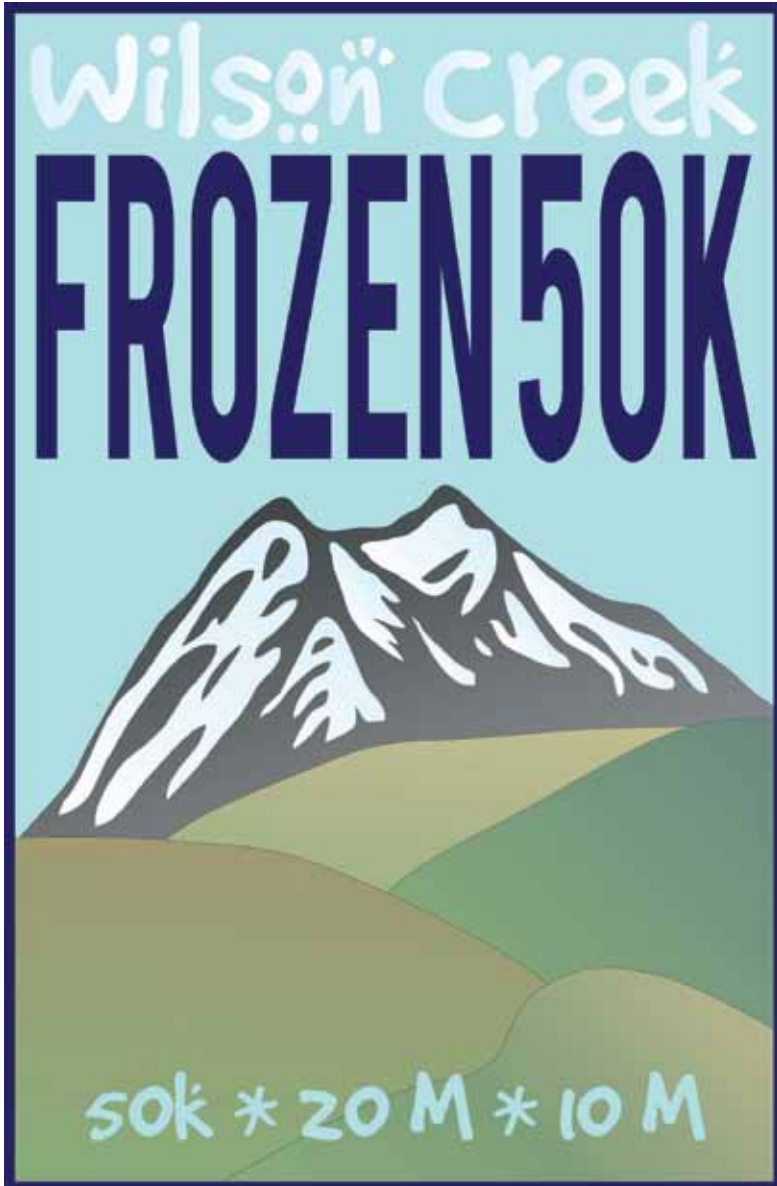




the **PULSE**  
RUNNING & FITNESS SHOP

present...



**JANUARY 19, 2013**

[frozen50k.pickledfeetultras.com](http://frozen50k.pickledfeetultras.com)

### WILSON CREEK FROZEN 50K (+20 MILE + 10 MILE)

If you are looking for an epic adventure on the trails in January, you will not be disappointed. The Owyhees are spectacular this time of year, coming with the possibility of mud, snow, ice, and a wild horse sighting if you are lucky. We could be treated to anything from temps in the 40s with egregious mud to sub-zero, arctic conditions with wind and ice like you have never seen before. Come prepared and bring your good attitude and sense of adventure. You need to carry at least two water bottles or a hydration pack. This is not your fall road marathon that has fully stocked aid stations every mile. 50k and 20 mile runners are advised to bring traction devices, an emergency whistle, space blanket, and a headlamp. Hot food, warm tents, and a finisher's award will await you at the end!

**Please read through the information on the website to be fully informed.**  
<http://frozen50k.pickledfeetultras.com>

### LOCATION

About 30 minutes south of Nampa, Idaho, on Wilson Creek Road off Hwy 78 west of the Hwy 45 junction. The Nampa Rec Center is a good place to park if you want to carpool with other runners. Visit the website for driving directions.

### PACKET PICKUP

Packet pickup will be held at The Pulse on January 17 & 18 from 10 am to 6 pm and an hour before each race start. Please arrive early to get your race number and timing chip on race day, as they will not be included in packets.

### 50K

**Start:** 7:00 am, Saturday, January 19, 2013

**Aid Stations:** Miles 7.5, 18, 20.3, 24.3, and 26.3.

**Cutoff:** 50k runners will have until 2:30 pm (7.5 hours) to complete the first 20.3 mile loop to be allowed to continue on the second 10.8 mile loop.

**Elev. Gain:** ~6250 feet; high point ~5300', low point ~2800'

**Course:** About 50/50 singletrack and rugged ATV doubletrack. As the 50k is composed of the 20 & 10 Mile courses, please see their course descriptions below for more details.

### 20.3 MILE

**Start:** 7:00 am, Saturday, January 19, 2013

**Aid:** Miles 7.5 and 18.

**Elev. Gain:** ~4500 feet

**Course:** Some of the grades especially on the descent from Wilson Peak can be very steep and especially hazardous if icy and/or muddy. Be cautious and smart and do not undertake this race if you are not self-sufficient. The 20 Mile loop is about 30% singletrack, 55% doubletrack, and 15% dirt (or mud) road.



This race is proudly part of the 2013 Idaho Trail Ultra Series. [www.idahotrailultraseries.com](http://www.idahotrailultraseries.com)

### 10.8 MILE

**Start:** 9:00 am, Saturday, January 19, 2013

**Aid:** 10.8 mile runners will have aid at miles 4 and 6.

**Elev. Gain:** ~1750 feet

**Course:** Stunning and moderately easy route through the lower hills including a trip through the breathtaking Reynolds Creek 'red canyon.' 90% singletrack.

# REGISTRATION FORM

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email (please print clearly): \_\_\_\_\_

Phone: \_\_\_\_\_

Birthdate (incl. year): \_\_\_\_\_ Age on race day: \_\_\_\_\_

Male Female (circle one)

Shirt size (circle one):

Women's XS S M L XL XXL

Men's S M L XL XXL

**10 Mile (\$34.99)** \_\_\_\_\_ **20 Mile (\$44.99)** \_\_\_\_\_ **50k (\$44.99)** \_\_\_\_\_

**Emergency Contact Name & Phone:** \_\_\_\_\_

**As this is a low-budget affair, please feel free to bring food or drinks you want to share with everyone at the start/finish area.**

**THIS REGISTRATION IS NOT VALID UNLESS YOU SIGN AND DATE THE WAIVER ON THE RIGHT OF THIS PAGE.**

## REGISTRATION

Registration closes Friday, January 4, 2013. Mail the form in time!

Refunds: No refunds will be given by either Pickled Feet Ultra Running or by Ultra Sign-up. You will, however, be allowed to change race distances all the way up to race day. Just email to change distances: pickledfeetultras@gmail.com.

**Online registration is available at [frozen50k.pickledfeetultras.com](http://frozen50k.pickledfeetultras.com) through Friday, January 4, 2013.**

**Please mail this signed registration form to:**

Pickled Feet Ultra Running  
C/O Davina Jackson  
1024 W. Holland Ave.  
Nampa, ID 83651

Make checks payable to **Pickled Feet Ultra Running**

## WAIVER & RELEASE

This waiver must be signed by the participant in order for the racer to participate.

I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in the Wilson Creek Frozen 50k runs. I have sufficiently trained to participate in this event and am in good health. I am capable of making rational decisions and judgments for the safety and welfare of myself. I understand that the meaning of this release is that the Wilson Creek Frozen 50k, 20 Mile, and 10 Mile events represent extreme and unknown risks for which I freely and voluntarily agree to be solely responsible.

By signing this waiver, I declare that I am a voluntary participant in this trail running event, I am in good physical condition, and I am choosing to participate in whatever weather and course conditions present themselves on race day. I understand that this is a largely self-supported, possibly solitary venture, and I am responsible for myself and capable of taking care of myself for extended period of time in possibly extreme weather conditions in rugged terrain. I will be smart, remain on the officially marked race course, use common sense, push hard and keep going, yet know when to quit; I will bring my sense of adventure and good attitude, have fun, and leave my whining at home. I accept the rules, conditions, and regulations of this event and will comply with them. If I do not comply with all the rules of the event, I understand that I may be removed from the competition or banned from future Pickled Feet Ultra Running or Idaho Trail Ultra Series events.

I know and accept that this event is a potentially hazardous activity and I, my heirs, executors, and administrators hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event, and I hereby waive, release and hold harmless and covenant not to file suit against the Wilson Creek Frozen 50k, Pickled Feet Ultra Running, Emily Berriochoa, Davina Jackson, The PULSE Running & Fitness Shop, USA Track & Field, the Bureau of Land Management, the Murphy Reynolds Wilson Fire District and its representatives and associates, and any other affiliated individuals with these organizations, any race sponsors and their agents and employees, all medical and other safety personnel assisting with the running event, their representatives, successors, and assigns, and all other officers, directors, members, volunteers, and agents associated with this event (The "Releases") from any loss, liability, or claims I may have arising out of my participation in this event, including personal injury or damage suffered by me or others, including death, whether same be caused by falls, contact with participants, conditions of the course, negligence of the Releases, acts of God, or otherwise. I further agree that I will defend, indemnify and hold harmless the Wilson Creek Frozen 50k, Pickled Feet Ultra Running, Emily Berriochoa, Davina Jackson, The PULSE Running & Fitness Shop, USA Track & Field, the Bureau of Land Management, the Murphy Reynolds Wilson Fire District and its representatives and associates, and any official sponsors, volunteers, directors, officers, members, agents, and medical staff of each, against all claims, demands and causes of action, including court costs and attorneys' fees directly or indirectly arising from any action or other proceeding brought by or prosecuted for my benefit contrary to the Waiver & Release. This release extends to all claims of every kind and nature whatsoever, whether known or unknown.

I give my full permission to Pickled Feet Ultra Running and its sponsors to use any photographs, video recordings, and other recordings of me that are made during the course of this event.

I understand that this Waiver and Release may be stored electronically and that a copy is authentic and admissible as evidence in any future dispute.

Participant Signature

Date