**36th Annual WYOMING MARATHON RACES**

Cheyenne Track Club/Road Runners Club of America

# **Vedauwoo 5k (3.1 Miles) Walk/Run**

**Medicine Bow Half Marathon (13.1 miles)**

**Wyoming Marathon (26.2 miles)**

**Rocky Mountain 50k (31 miles)**

**BENEFIT: Proceeds donated to the Cheyenne Boys and Girls Club.**

##### Thank you to our sponsors: Cheyenne Track Club, Little America Hotel, Trail Runner Magazine, and the Cheyenne Boys & Girls Club.

**DATE: Sunday, May 26th, 2013. All races except the 5k (8:00 a.m.) start at 6:00 a.m.**

**LOCATION:** Lincoln Monument Rest Area, Exit 323 and I-80, 10 miles east of Laramie, Wyoming. **No transportation provided.**

**COURSE:** Out and back on dirt and gravel roads in Medicine Bow National Forest. Begins at 8,700 feet and drops to 8,100 feet at the turn around. One of the fastest 5ks in the state. Average temperatures range from 40-60 degrees.

**NOTE: Law enforcement agencies will monitor the events and issue citations to handlers and drivers who break traffic laws, block roads, trespass, etc.** We suggest that all runners carry a water bottle. There are three aid stations located approximately every four miles. No cups or bottles will be available. Runners caught littering the course will be disqualified.

**DIVISIONS:** No overall or age group awards. All finishers are winners. Please see the race motto if you don't understand☺

**ENTRY FEE:** The non-refundable fee is $30.00 (5k), $40.00 (half), $50.00 (full), and $60.00 (50k) prior to May 25th. A $10.00 late registration fee is added at the pasta dinner. All 50 + DC and 50 State Marathon Club members receive a $10.00 discount.

**NO RACE DAY REGISTRATION!** Number and t-shirt pickup will be at the pasta dinner or on the morning of the race at the start, Lincoln Monument. Ultramarathon race directors run for free (include proof along with your registration).

**AWARDS:** All ultra finishers receive a custom belt buckle. All marathon, half-marathon, and 5k finishers receive custom medals of the Wyoming State Seal. Refreshments provided. Extra t-shirts are for sale.

**PASTA:** A pasta dinner will be served from 5:00-6:00 p.m. on Saturday, May 25, at the Little America Hotel (2800 W. Lincolnway, intersection of I-80 and I-25) in Cheyenne, Wyoming. The cost is $15.00 in advance ($20.00 at the door) payable to the Cheyenne Track Club. All 50 + DC Group and 50 States Marathon Club members will be introduced at the meeting. You may register at this time with a $10.00 late fee and pick up your number and t-shirt.

**RACE HEADQUARTERS:** Little America Hotel (1-800-235-6396 or 307-775-8400) will serve as race headquarters: <http://www.littleamerica.com/cheyenne/> The room rate is $89.00 a night for a king. Reservations must be made before April 26. Identify yourself with the Wyoming Marathon Races.

**RESULTS:** [**http://www.coolrunning.com/results/12/wy/May27\_Wyomin\_set1.shtml**](http://www.coolrunning.com/results/12/wy/May27_Wyomin_set1.shtml)

or visit our web site link listed below.

**MOTTO:** “Where the race director promises you nothing, and he delivers.”

**Please print neatly and fill in completely. Thank you.**

Your Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Event Distance (5k, 13.1, 26.2, or 52.4)\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State\_\_\_\_\_\_\_\_Zip\_\_\_\_\_\_\_\_

Day Phone\_\_\_\_\_\_\_\_\_\_\_\_ Eve Phone\_\_\_\_\_\_\_\_\_\_ E-mail\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Sex\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you a 50 & DC Group/Club Member? \_\_\_\_\_ How many states have you completed? \_\_\_\_\_\_\_\_\_\_\_\_

$15.00 pasta dinner: Yes \_\_\_\_\_No\_\_\_\_\_ **ENCLOSE CHECK PAYABLE TO CHEYENNE TRACK CLUB**

**LIABILITY WAIVER AND RELEASE:** In consideration of your accepting this entry for the Wyoming Marathon Races and associated events, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all of my rights and claims for damages against the Cheyenne Track (Running) Club/RRCA and the associated sponsors and organizers connected with this event (before, during, and after the event). I attest that I am physically conditioned and have trained for the event. I am responsible for my own safety. I also give free use of my name and picture in any broadcast, telecast, or print media of the account of this event. Entry fees are non-refundable. In signing this form, I acknowledge that I have read and fully understand my own liability and accept the above restrictions.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

#### Signature Date

Please mail entries and fees to **Alec Muthig, 1613 E. Kearney St., Laramie, WY. 82070.** For additional information,

call (307) 635-3316 **or** E**-**mail**:** **RunWyo@msn.com** **Website:** [**http://ww****w.angelfire.com/wy2/marathon**](http://www.angelfire.com/wy2/marathon)

Online registration available at**:** [**http://www.active.com/running/laramie-wy/wyoming-marathon-races-2013**](http://www.active.com/running/laramie-wy/wyoming-marathon-races-2013)