

BIG DOG ULTRA TRAIL RUN

SATURDAY, NOVEMBER 28, 2009 8:00 AM 50K/20M/10M/5M

LINCOLN PARISH PARK RUSTON, LOUISIANA

ENTRY FEES: Postmarked by 11/14/09	\$30 for the 20M/10M/5M	\$35 for the 50K
Postmarked after 11/14/09	\$35 for the 20M/10M/5M	\$40 for the 50K
Race Day	\$40 for the 20M/10M/5M	\$45 for the 50K

ON-LINE REGISTRATION: www.signmeup.com

COURSE: 10 mile loop on one of the nation's top rated mountain bike courses. Mostly single track with some jeep Trails. Some hills, rocks, roots.

AID STATIONS: 3 fully stocked stations 3 to 3.5 miles apart. Drop bags can be left at the Start/Finish line.

PACKETS: 20M/10M/5M participants receive a long sleeve shirt, socks, and other goodies.
50K participants receive a long sleeve shirt, socks, cap, and other goodies.

PACKET PICK-UP: Friday, November 27, from 5-7 PM at Shelter L6, Lincoln Parish Park.
Saturday, November 28, from 6:30-7:45 AM at Shelter L3 with Late Registration.

POST RACE: Chili, desserts, beverages, and massages (please feel free to tip the massage therapists).

AWARDS: Top 10 Overall Male and Female in all 4 races. Finisher awards to all participants.

LODGING: Comfort Inn – 1-318-242-0070 Econo Lodge – 1-318-255-0354 Park Camping – 1-318-251-5156

RACE DAY SCHEDULE: 6:30-7:45 AM Late registration and packet pickup.
8:00 AM 50K/20M/10M/5M Start in front of Shelter L3.
9:30 AM – til: Awards given out as you cross the Finish Line.

DIRECTIONS: From I-20, take Hwy 33 North (to Farmerville) for 3.4 miles and turn left to the Park Entrance.

MORE INFO: www.ovrrc.com or contact Dr. Jeff Baillie at jeffb@bayou.com or at work 1-318-323-2216.

REGISTRATION FORM

Name _____ Age on 11/28 _____ Sex _____

Address _____ E-Mail _____

City _____ State _____ Zip _____ Phone _____

T-Shirt size (circle one): S M L XL XXL Race Distance (circle one): 50K 20M 10M 5M

Checks payable to: Big Dog Ultra Trail Run Mail to: Baillie Chiropractics P O Box 2794 Monroe LA 71207

RELEASE OF RESPONSIBILITY

In consideration of my being admitted to run the Big Dog Ultra Trail Run, I for myself, my heirs and assigns, executors, and administrators, do hereby release and discharge the Lincoln Parish Park, Sponsors, the Ouachita Vally Road Runners Club, their employees and their agents, of and from any and all claims of demands for damages of liability in any manner arising out of my participation in said event. I agree to follow all rules and to permit myself to be removed from competition if, in the opinion of the race administrators, my competing would endanger my health or the health of others. I certify that I am in good health and that I am prepared to compete in this event. I understand that some roads may be open to traffic.

Signature _____ Date _____
(Parent or guardian if participant is under 18 years of age)