

The Wildland's Trail Run

1:00 P.M. Sunday October 30th, 2011.

7 miles

Start: 1:00 P.M. Sharp! Day Of the event Registration from 11:00 A.M. to 12:45 P.M. Where: The Great Pond Mountain Wildlands as accessed through the South Gate entrance on Route 1 near the intersection of Rt. 176 in East Orland, Maine.) Follow the Registration signs from the South Gate Parking Area to the Hot Hole Brook parking area (about 2 miles in on Valley Road.). **The Course:** is an out and back for 7mile. **What:** An x-country run on dirt roads and a bit of single track trails with plenty of up and down running. You can expect roots, rocks, and mud along with the chance encounter of wildlife including moose (2007), Bear, and other. The total climb is approximately 1,200 feet total for the entire run. Footing is rough at the best for most of this run and there are several small stream crossings with wet and slippery rocks to maneuver around. **When:** 1:00 P.M. to 4:00 P.M. **Who:** This run is only for the fit type of person who knows what to expect and prepares for an off road event year round. The Beneficiary: The Great Pond Mountain Conservation Trust whom grants us the privilege of running in this beautiful land. 100% of all entry fees will be donated to the Great Pond Mountain Conservation Trust. Entries should be payable to GPMT and are 10\$ an entry.

Waiver Form Must Be Signed and completed to be accepted!

I _____ hereby for myself, my heirs, executors, and administrators, do hereby hold harmless and release the organizers, all volunteers, the GPMCT, all municipalities in which the event is held, the State of Maine, the race director, course officials, all sponsors including their agents, employees, assigns or anyone acting for on the behalf, from any or all claims of liability for death, personal injury, or property damage of any kind arising out of my participation in this event. I attest that I have adequately prepared for this type of running and endurance event, read the above description of all the possible risks before, during, and after this event. **I have filled out the bottom info completely and legibly.**

(Bold fields Required.)

Name First & Last: _____

City/ Town: State: _____

Street: _____

Email: _____

Circle One: Race: 7Mile- **Volunteer:** Time Available? ____ To ____

Age: _____ **Sex Circle: Male or Female**

Emergency Contact: Name: _____ **Phone#** _____

Previous heart attack or ailments include a doctor's note. GPMCT Member? (Y) Or (N). If you would like to register as a volunteer Please Fill out the above...For questions and more information please contact **Peter John Keeney** 35 Greeley Avenue Bar Harbor, Maine 04609 207-288-3909 or to pre-entry pktrldrt@myfairpoint.net