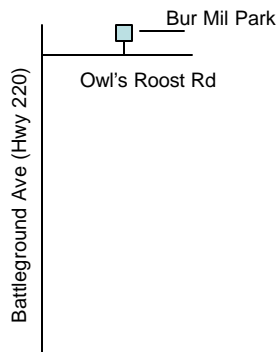


DIRECTIONS

Bur Mil Park is located at 5834 Owl's Roost Rd. From Greensboro, take US-220 North (also called Battleground Ave), turn right onto Owls Roost Road. The park is located on the left.

Bur Mil Park
5834 Owl's Roost
Greensboro, NC 27401



PLACES TO STAY

Battleground Inn
Call for rate
1517 Westover Ter
336-272-4737

Executive Inn & Suites
US Highway 29 N
336-621-6210

Best Western Windsor Suites
High Point Road/Veasley Street
336/294-9100

PACKET PICKUP

Packets will be available at OFF 'N RUNNING on April 24. You are encouraged to pick up your packet early. OFF 'N RUNNING is located at 2201 Joan Ave in Greensboro.

OFF'N RUNNING is Greensboro's premier running specialty store. Let the experts get you off'n running today!

OFF'N RUNNING
2201 Joan Ave
Greensboro, NC 27455
336-288-7071

Mon - Fri 10:00 AM - 7:00 PM
Sat 10:00 AM - 5:00 PM
Sun 12:00 AM - 5:00 PM

www.offnrunningsports.com

COST

Trail 1/2 Marathon Entry Fees
\$40

Trail 3.5M Entry Fees
\$20

Register by April 10 to guarantee a t-shirt
No race day registration!

VOLUNTEER

We love volunteers! Come and help put on the best darn trail 1/2 marathon around. We'll even give you some free stuff.

Owl's Roost Rumble Half Marathon And 3.5 Mile Run



April 25, 2009
8:00 AM

Bur-Mil Park
Greensboro, NC

For more info
scott@offnrunningsports.com

Register online at:
www.OwlsRoostRumble.com

Road racing is for wimps!

Race Application

Make check payable to
OFF'N RUNNING

Mail to:
2201 Joan Ave
Greensboro, NC 27455

Register online
www.offnrunningsports.com

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Birthday _____ (include mo/day/yr) Age on race Day _____ Gender Male Female

T-Shirt Women's Small Women's Medium Women's Large Women's X-Large
 Men's Small Men's Medium Men's Large Men's X-Large

Emergency Contact Name _____ Emergency Phone _____

Email _____

(Receive race update and results)

check one:

Trail 1/2 Marathon \$40

Trail 3.5 Mile \$20

I want to start in the ELITE START WAVE

Signature (Parent if under 18 years of age)

Date

RACE WAIVER: I know that running a trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race, including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and humidity, traffic, and the conditions of the trail, all such risks being known and appreciated by me. Trail running is especially dangerous and involves you taking risks that you are fully aware of including running in potentially dangerous conditions and sharing trails with mountain bikes, horses and other types of recreational trail traffic. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act, waive, release, and will hold harmless the OFF'N RUNNING Inc, OFF'N RUNNING PRODUCTIONS, the City of Greensboro, Guilford County, The Parks and Recreation Department, the race organizer, all other sponsors, and all the agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race.

Race Details

THE COURSE

The course: The loop course is 13.1 miles of beautiful trail. The course is a mix of flat trail, rolling terrain and technical mountain bike trail. The course is very scenic and fun. The majority of the course circles a picturesque lake. There will be aid stations at approximately the 5 mile mark, the 8.5 mile mark and the 11 mile mark. Every mile will be marked.

The 3.5 mile race is a loop with several small inclines.

SCHEDULE

6:30-7:30 Late Packet Pickup
8:00 Half Marathon Start
8:30 3.5 Mile Start

No Race Day Registration!

Don't delay register online today at:
www.offnrunningsports.com

AWARDS

Custom awards in the half marathon for the following age groups: 0-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Awards for the 3.5 Mile will be divisions: 0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Cut & Return