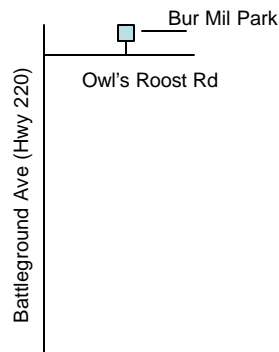


## DIRECTIONS

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](http://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



Sunday April 25, 2010  
8:00 AM

Bur-Mil Park  
Greensboro, NC

For more info  
[smbassett@hotmail.com](mailto:smbassett@hotmail.com)

Register online at:  
[www.OwlsRoostRumble.com](http://www.OwlsRoostRumble.com)

**Road racing is for wimps!**

# Race Application

Make check payable to  
ONRP

Mail to:  
15 Owls Roost Ct  
Greensboro, NC 27410

Register online  
<http://www.owlsroostrumble.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:  
<http://www.owlsroostrumble.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