

Earth Day Challenge- April 22, 2007 Registration Form

PLEASE MAKE CHECKS OUT TO:
 Kenyon College Earth Day Challenge
 SEND TO: KC Earth Day Challenge; c/o Emily Mountain;
 Kenyon College: Gambier. OH 43022

Name _____
 Address _____
 City _____
 State _____ ZIP _____ Phone _____
 E-Mail _____

Age on race day _____ Male _____ Female _____
 Shirt Size S _____ M _____ L _____ XL _____
 Predicted Time of Finish _____

Clydesdale or Athena? Y _____ N _____

If doing the relay, please list other members below and send in all entries and fees together.

Relay 1 (3.1mi) _____
 Relay 2 (10 mi) _____
 Relay 3 (13.1 mi) _____

Fees	Amount	Enclosed
Individual Marathon	\$40 up to 3/1	_____
	\$50 3/2-3/30	_____
	\$60 3/31-4/13	_____
Marathon Relay	\$100/team up to 3/1	_____
	\$110 3/2-3/30	_____
	\$120 3/31-4/13	_____
Training Program (\$20/person)		_____
Total Enclosed		_____

WAIVER AND RELEASE OF LIABILITY

In consideration of the acceptance of the entry, I, for myself, my heirs, executors, administrators and assigns, minor children, and anyone for whom I am guardian, hereby waive and release any and all rights and claims for damages which I may have against the Earth Day Challenge Marathon and Marathon Relay, Kenyon College, KenyonFit, the Brown Family Environmental Center, any other sponsors, the City of Mount Vernon, the village of Gambier, and any others connected with the event, their heirs, executors, administrators, successors, and assigns, for any and all injuries which I may suffer, or which anyone for whom I am parent or guardian may suffer, while taking part in this event or as a result thereof. I certify that I am in good health and sufficiently trained to participate in a marathon, which is a strenuous event that could result in temporary or permanent injury, or death.

Signature/Date _____

Signature of Parent or Guardian if under 18/Date _____

Earth Day Challenge
 Marathon and Marathon Relay
 Kenyon Athletic Center
 221 Duff Street
 Gambier, OH 43022

EARTH DAY CHALLENGE



Marathon and
 Marathon Relay

SUNDAY
APRIL 22, 2007
9:00am

You're Invited to Run the Inaugural Earth

What better way to celebrate Earth Day? You'll run 26.2 miles, traversing some of Ohio's most scenic countryside on the Kokosing Gap Trail.

Participants of all abilities are invited to walk, run or a little of both. Hey, as long as you're out there having fun and challenging yourself, we don't care if you're setting a new world record or crawling across the finish line!

The Earth Day Challenge is a fully staffed and supported event with security, medical and aid stations. While you're pushing your body, we'll be treating it right; the aid stations and post-race party will be chock full of organic and locally grown products. It is Earth Day after all.

Can't sell you on the full marathon? You're not in the clear yet! Find a couple of friends and compete as a team in the relay division. Teams of three will run or walk legs of 3.1 miles, 10 miles, and 13.1 miles.

The Route

The race kicks off at 9am at the Comfort Inn, at 150 Howard Street in Mount Vernon, Ohio. From there, you'll run on city streets for about a mile before heading on to the Kokosing Gap Trail. Along the way, you'll run alongside the Kokosing River, through the picturesque campus of Kenyon College and then past sweeping views of local agriculture. The course is flat and fast, with only one hill at approximately 5.5 miles. The race finishes on Wilder Track at the Kenyon Athletic Center in Gambier. Shuttles will be available to return runners to the starting line. Aid stations are located every 2 miles and restrooms approximately every 4 miles.

Traveling to the Race?

Stay at our host hotel, the Mt Vernon Comfort Inn, conveniently located at the starting line. To make reservations, call 740-392-6886. The Comfort Inn is located at 150 Howard Street. For driving directions or a list of area accommodations, please check out our website at <http://athletics.kenyon.edu/x24301.xml>

Think You Can't Do A Marathon? Think Again!

Whether you plan to walk or run, full marathon or relay, there is a training plan to help you get there. For a \$20 fee, you will get the following:

- o A 16 week training program tailored for walkers or runners at the beginning, intermediate, or advanced levels
- o Training packets will include: a daily training plan, supplemental strength and flexibility training, a training log, and maps of area running routes.
- o Organized group runs

Prizes...yeah!

Prizes will be awarded to the top three overall men and women, the top Clydesdale (men over 200 pounds), the top Athena (women over 150 pounds), and to male and female age group winners in the following categories: 19 and under, 20 to 29, 30 to 39, 40 to 49, 50 to 59, and 60 and over.

All participants will receive a goody bag and Finisher's mug.

Need more info?

Our website has loads of information, including course maps, elevation profiles, detailed information on the training program, driving directions, area accommodations, and downloadable brochures. Check it out at <http://athletics.kenyon.edu/x24301.xml>

If you're still baffled, you may contact the race directors, Emily Mountain and Dave Heithaus at mountaine@kenyon.edu, or heithausd@kenyon.edu for further information.

Registration and Entry Fees

Your registration fee includes a multicolored T-shirt, goody bag, energy gels and sports drinks on the course, organic post-race food, and a nifty finisher's mug, perfect for rehydrating after your race! The race is limited to 100 participants, and entry fees go up the closer you get to race day.

Individual Entry:	12/1 to 3/1-	\$40
	3/2 to 3/29-	\$50
	3/30 to 4/13-	\$60
Team Entry:	12/1 to 3/1-	\$100
	3/2 to 3/29-	\$110
	3/30 to 4/13-	\$120

Training Program: \$20

Registration closes at 5:00pm on Friday 4/13, and there is no race day registration.

You may pick up your race packet on Friday, 4/20 or Saturday, 4/21 between 10am and 5pm at the Kenyon College Athletic Center at 221 Duff Street, Gambier OH or from 6 to 8am on the day of the race.

Special Thanks to Our Sponsors

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