

Event Details

Host of the
2009 USA 50 Mile
Championships



Photo by Studio 2 Photography

Where: Tussey Mountain Ski Resort, Boalsburg, PA.

Start: National Championships & Open Ultramarathon 7 a.m., Relay start 8 a.m.

Course: USATF-certified single loop through central Pennsylvania's scenic Rothrock State Forest. Course details and map online!

Ultra: Men's and Women's, Open and Masters.

Relay: Teams of 2-8 compete with their size teams. Men's, Women's & Mixed (Open & Masters).

Awards: Ultra Championships purse of \$3,200, Ultra Finisher medals; Team plaques and individual medals. Special military categories. Men's and women's technical race shirts.

Fee: Ultra: \$100 if received by July 31, \$110 through Aug. 31, \$120 thereafter; \$30 discount if not using support vehicle.

Relay: Supra (2 runners) \$120, Tri (3) \$160, Quad (4) \$200, Standard (5-6) \$300, Mega (7-8 runners) \$360, Military: ROTC, PaNatlGrd, ArmdFrcsResv, Active Military (8 runners) \$360.

Spectator & Recreation Areas at Whipple Dam State Park and Tussey Mountain Ski & Family Fun Center.

Proceeds: Proceeds support Centre Volunteers in Medicine, providing for the health and wellness needs of the medically underserved in Centre County: www.cvim.net.

Pre-Race Dinner, Post-Race Party, Discount Accommodations: Details online.

Volunteer! Have the most fun you've ever had volunteering! Send e-mail to: info@tusseymountainback.com.

Deadline: Form your team - or personal ultramarathon plans - now! Register now, or no later than Sept. 19!

To Register

Register online at our website via **Active.com**. Registration is not considered official unless all completed forms have been received. Teams must provide all runner forms and team rotation order with entry fee by or before Sept. 19. Mailed or hand-delivered entries: Make check or money order payable to "MTB 50": **MTB50, 103 E. Hamilton Ave., State College, PA 16801**.

Race packets with additional information will be mailed to each Ultrarunner and Relay Team Captain after Sept. 19. No refunds after Sept. 19. Teams: There is a \$25 fee for runner substitutions or rotation order changes after Sept. 19. No changes after Sept. 28.

"...the most beautiful road ultra course
I've run in the U.S.!"

- Nikki Kimball, USATF 50 Mile National Champion



Photo by Michele Pendrak



Be part of the Hottest Footrace...
...in the Coolest Place!

Tussey mOUntaiNBACK 50 Mile Relay & Ultramarathon



10th
Anniversary
Edition

"Just for the
hill of it!"®



Central
Pennsylvania
CONVENTION & VISITORS BUREAU
Tour. Rear. Explore...more!

October 3, 2009

Single-Loop Ultramarathon
Relay Teams of 2-8 Runners
50 Miles of Scenic Forest Roads
One Amazing Saturday!

Pre-race Dinner and Post-race Party!

*Proceeds Support Centre Volunteers in Medicine,
serving health needs of the medically underserved.*

See and be part of the
2009 USA 50 Mile
National Championships!

Details at:

tusseymountainback.com

"I have never had more fun at a race!"

- Jeff McClarren, Bellefonte, PA

Tussey mOUNtaiNBACK 50 Miler: Relay Entry Form

Complete event details at: www.tusseymountainback.com

(Please print clearly - incomplete applications will not be accepted)

RACE OFFICIAL USE	
Date Received	____/____/____
Rotation	<input type="checkbox"/> Fee <input type="checkbox"/> App Complete <input type="checkbox"/>
Masters IDs	<input type="checkbox"/>

**Host of the
2009 USA 50 Mile
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Registration requires a completed application form submitted with entry fee. *Must be received by September 19, 2009.*

All Runners Complete This Section

How did you find out about this event?: _____

Enter Team Name or Team Captain's Name: _____

Your Last Name _____ First Name _____ M.I. _____

Address: _____

Town, State, Zip Code: _____

Phone Number - Day: (____) _____, Evening: (____) _____

E-Mail: _____ Cell Phone: _____

Emergency Contact Name: _____ Phone: _____

Sex: M__ F__, DOB: ____/____/____, Shirt: Men's S M L XL 2XL, Women's S M L XL 2XL, No shirt
(MM/DD/YY) Technical Shirt Technical Shirt, Ladies' Fit (Junior sizing) (give savings to the race beneficiary)

I have read and understand the Race Rules and Regulations on the website _____.

____ I'm also enclosing a donation in the amount of \$ _____ to the 2009 event beneficiary, (INITIAL)

Centre Volunteers in Medicine.

____ I'm including payment for _____ pre-race dinners

(@\$15 each) (Friday, Oct. 2, 6:00-7:30 p.m.).

(Note: You may also pay at the door for the dinner, but you must RSVP by Monday, Sept. 28.)

RELAY TEAMS ONLY	
<i>(Completed by Team Captain)</i>	
Relay Team Rotation Order	
Leg #:	Runner Name
Leg 1:	_____
Leg 2:	_____
Leg 3:	_____
Leg 4:	_____
Leg 5:	_____
Leg 6:	_____
Leg 7:	_____
Leg 8:	_____
Leg 9:	_____
Leg 10:	_____
Leg 11:	_____
Leg 12:	_____

For Replacement Runners

Replacement Runners Complete This Block: Replacement team members: If entry is to replace a previously registered team member, enter the Name of the Team Member Being Replaced: _____

TEAM CAPTAINS

Last Name _____ First _____ M.I. _____

Team Name: _____

Team Category (circle one):	Team Division (circle one):	Military^h (circle one):
Supra (2)+ Tri/Quad (3-4)	Open: Men's Women's Mixed*	ROTC / PaNG
Standard (5-6) Mega (7-8)	Masters** : Men's Women's Mixed*	AFRes / ActvMil
		^h Mega (8-person) teams

+Supras: Provide previous half marathon or marathon time(s):

Runner #1 Initials _____ Time _____ Race _____ Year _____

Runner #2 Initials _____ Time _____ Race _____ Year _____

* Mixed Quad and Standard teams must have at least 2 women, Mixed Mega teams at least 3 women; teams with fewer are categorized as Men's teams.

** Masters teams must enclose copy of valid driver license for each runner as proof of age.

Circle your team's overall estimated pace (min./per mile):

5:00	5:15	5:30	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00	8:15	8:30	8:45	9:00	9:15	9:30	9:45	
10:00	10:30	11:00	11:30	12:00																

VOLUNTEERS!

____ I understand it takes scores of volunteers to make this event happen. I have contacted the following people who would like to volunteer on race day. Please contact them!

NAME	PHONE	E-MAIL
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____ My team will provide _____ volunteers on race day. Please contact _____.

WAIVER OF LIABILITY (must be completed and signed)

In consideration of this entry being accepted, I (please print) _____, do hereby indemnify, hold harmless, assume liability for, the Tussey mOUNtaiNBACK 50 Mile Relay and Ultramarathon, MTB50 Inc., its sponsors, volunteers and employees, the Commonwealth of Pennsylvania and the Tussey Mountain Ski Resort & Family Fun Center, its agents, servants, employees, officers and directors, from any and all costs and expenses including but not limited to, attorney's fees, reasonable investigative and discovery costs, court costs, and all other sums which the Tussey mOUNtaiNBACK 50 Mile Relay and Ultramarathon, MTB50 Inc., its agents, servants, employees, officers and directors may or become obligated to pay on account of any, all and every demand for claim or assertion of liability, or any claim or action, founded thereon, arising or alleged to have arisen out of my participation in the Tussey mOUNtaiNBACK 50 Mile Relay and Ultramarathon or my use of real or personal property belonging to the Commonwealth of Pennsylvania, its cities, towns, agents, servants, employees, officers, and directors, or by any action or omission by me.

Signature (required): _____ Date: _____

(If under 18, parent or guardian must sign): _____ Date: _____

Note: You may be required to sign an additional waiver at registration.