

Landsford Canal Lock-In 24 Hour Run



Date: April 14-15 2012

Place: Landsford Canal State Park, Catawba, SC

Time: 8:00 AM

Entry Fee: \$65 until February 14, 2012 and \$75 from February 15 – March 14, 2012.
Limited to 100 runners. Registration closes on March 14, 2012.

Awards: Wood plaques with your name, place, and mileage burned into the wood. These will be mailed. Tech T-Shirts for all runners.

Aid: Standard Aid will be given plus sandwiches. Bring your own medications such as aspirin, etc. Aid every 4.25 miles.

Course: Repeats of a 4.25 mile loop. The first mile will be a gradual uphill climb on a paved road. The 2nd mile will be flat and on a paved road. The next $\frac{3}{4}$ mile is on a paved downhill. The next 1.5 miles is on the canal trail and mostly along the canal and the Catawba River. No runner will be allowed to start the final lap after 7:30 AM Sunday Morning. If a runner finishes the last lap after 8:00 AM on Sunday their distance for the last lap will be prorated and **I will repeat that no one can start the last lap after 7:30 AM on Sunday.**

Very Important Stuff: Why the Lock-In name? SC State Park Policy is to lock the gate at State Parks when the park closes and that is 6:00 PM. I will open the gate at 10:00 PM Saturday evening and for emergencies only. I have agreed to the locked gate policy in order to use the park. The employees at the park are very good to work with. I will be renting the log cabin on the grounds and it will serve as the aid station and it has a large porch and two large rooms for runners to crash if needed.

Name (please print) _____ Age race day _____ M/F _____

Address _____ City _____ State _____ Zip _____

Phone _____

Emergency contact _____ Emergency phone _____

E-Mail address _____ Shirt size _____

Waiver and release: I agree to release all race organizers, race officials, volunteers, and any other groups, agencies, or individuals involved in this event from all liabilities, claims, or demands for damages incurred by my participation in the Landsford Canal 24 hour run or any of it's related parts. I realize that participating in an ultra event is a sometimes risky and potentially hazardous endeavor and assume all responsibilities for my participation. I certify that I am properly trained and medically able to participate in this event. I realize that the race director has the right to refuse entry or cease my participation in this event at any time at his discretion.

Signature _____ Date _____

(Parent or guardian if under 18)

Please Make Check out to: The Lancaster Running Club

Mail To: Claude Sinclair
4573 Old Church Road
Lancaster, SC 29720

E-Mail: clsinclair@comporium.net