

2009 MOUNTAIN WARFARE TRAINING CHALLENGE

"HEART ATTACK HILL"
 FOOT BRIDGE • HAY BALE CLIMB • TIRE OBSTACLE
 2 TUNNEL CRAWLS • LOW CRAWL • 5' WALL CLIMB
 ELEVATION START/ FINISH 6,880" • HIGHEST ELEVATION 7,588"

Your entry includes GAVIN ARTS T-shirt (design pictured here).

MCCS
MARINE CORPS

UNITED STATES MARINE CORPS

COURSE AND CATEGORIES: Join us for the 5th Annual Mountain Warfare Training Challenge, a challenging 10K off-road run at high altitude with obstacles such as tire course, low crawl, five-foot wall climb, and tunnel crawl. Along the course there will be 5 water points with personnel staged at each. A unique high altitude event! Race individually, within your age division, or as a member of a 3-person team. Individual age groups categories are: 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80+. 3-person team categories are: Male, Female, Mixed (min. one female), Corporate, and Military.

SCHEDULE:

CARBO-LOAD DINNER - MAY 15th - 6:00pm-8:00pm

Join us the night before the event for your FREE carbo-load dinner and to sign the waiver and pick up your t-shirt. NOTE: Non-competitors may purchase dinner for \$6.00 (adults) and \$4.00 (for kids 12 & under). Location TBD.

NOTE: ALL TEAM MEMBERS MUST BE PRESENT TO SIGN THE WAIVER, AND PICK UP YOUR T-SHIRTS TOGETHER - NO EXCEPTIONS. If you cannot make it to the Carbo-Load Dinner as a team, please come to the race site starting at 9:00am on Saturday to check in instead.

RACE DAY - MAY 16th - 11:00am RACE START

Race starts at 11:00 a.m. - individuals will start first, then teams 15 minutes later. Registration and T-shirt pickup open at 9:00 a.m.

ENTRY FEES: \$50 per person, \$150 per three-person team. Entry fee includes commemorative T-shirt, medals to top finishers, and carbo-loading dinner the night before the event. MAKE CHECKS PAYABLE TO: MCCS Fund 0140 and mail to MCMWTC Attn: MCCS Race, Bridgeport, CA 93517. Entry fees are non-refundable and non-transferable. Active Duty (not stationed at Marine Corps Mountain Warfare Training Center): \$40. Free to Active Duty stationed at MWTC.

DEADLINES: Mail-in deadline - May 1st, online registration deadline - May 13th. Register by May 1st to receive your race numbers and confirmation by mail, free of charge. Limited to the first 800 entrants - register now!

RULES AND START TIME: 11:00 a.m. start. The course and all obstacles must be successfully completed to qualify for awards, and all 3 team members must cross the finish line together to qualify for team awards. Sorry, there are no race refunds and race numbers are non-transferable. No dogs, baby strollers, or children under the age of 15 are allowed on the course. However, all are allowed at the race site. Liability waiver must be signed by all participants at packet pickup or on event day. Please note: there is a 2 hour time limit on the completion of the course.

TO REGISTER: Register online or use the downloadable entry form on the main page of the website. All team members must register together. REGISTER EARLY - This race will be capped at 800 participants. All pre-registered entrants received by May 1st will receive their race number(s) and confirmation by mail 1 week prior to the event. Team captains will be mailed all race numbers and information for the entire team.

TRAVEL & LODGING: For lodging information please visit www.bridgeportbodie.org or www.northernmonochamber.com.

From Reno: Travel time: approx. 2 hours. Take Hwy 395 South to Hwy 108 - turn right. Mountain Warfare Training Center is 4 miles from the intersection of Hwy 395 & Hwy 108.

From the Bay Area, Stockton, and Sacramento: Travel time: approx 4 hours. Take Hwy 108 directly to the Center or take Hwy 88 or Hwy 50 to 395 South (follow directions above as if you are coming from Reno).

From Los Angeles/San Diego: Travel time: approx 6-8 hours. Take Hwy 15 to Hwy 395 North or from Los Angeles area, take Hwy 14 which turns into Hwy 395 and travel through Bridgeport. The turnover to Hwy 108 to the training center is approx. 17 miles further. Continue on Hwy 395 South to Hwy 108 - turn left. Mountain Warfare Training Center is 4 miles from the intersection of Hwy 395 & Hwy 108.

For all: Follow "RACE EVENT" signs to parking and the race site. All vehicle occupants must have a picture ID to enter the training center.

Note: Before deciding your route, please verify that the highways have been opened for the season. Please go to CalTrans website at www.dot.ca.gov/hq/roadinfo.

AWARDS AND FESTIVITIES: Awards given to the top 3 overall individual finishers as well as the top 3 in each age group and team division. Music, plenty of food, drinks and kid activities will be available in the venue area. Results posted at 3:00 pm on Sunday, May 17th at www.y-events.com and photos posted the week following the event at www.brightroom.com.

May 16, 2009

11:00am start

Mountain Warfare Training Center

REGISTER EARLY!

LIMITED TO THE 1ST 800 ENTRANTS

www.y.events.com/mwtc

information: 760-932-1522

2009 MOUNTAIN WARFARE TRAINING CHALLENGE

MAKE CHECKS PAYABLE TO: MCCS Fund 0140

Entry fees are non-refundable and non-transferable. Sorry, no fax or phone entries. Photocopies accepted.

FIRST NAME

LAST NAME

AGE on race day SEX DATE OF BIRTH

DAYTIME PHONE NUMBER

STREET ADDRESS

CITY STATE ZIP CODE

EMAIL ADDRESS

TEAM NAME (max. 12 characters)

WAIVER AND RELEASE FROM LIABILITY (ALL PARTICIPANTS MUST SIGN):

In consideration of the forgoing, I, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I have against the 2009 Mountain Warfare Training Challenge 10K Run principals, United States Marine Corps, MCCS, Mountain Warfare Training Center, all sponsors and their representatives, and any and all claims against damages, demands, actions, whatsoever in any manner as a result in participation in said 2009 Mountain Warfare Training Challenge 10K Run including but not limited to any injuries I might suffer, I acknowledge that I am aware of the inherent risks in participating in an athletic event of this type. I attest and verify that I am physically fit and have trained sufficiently for the competition of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the forgoing to use my name, my voice, and or my picture in any broadcast, telecast, advertising, promotion or other account of this event for any purpose whatsoever. I understand that this entry fee is non-refundable and numbers are non-transferable

X
Signature (If under 18 years old, parent/guardian signature required)

Date

SEND ENTRY TO:
 MCMWTC
 Attn: MCCS Race
 Bridgeport, CA 93517

MILITARY OR CIVILIAN:

- Civilian
- Military

CHOOSE YOUR CATEGORY:

- INDIVIDUAL
- or
- 3-PERSON TEAM

I AM THE TEAM CAPTAIN

TYPE OF TEAM:

- MALE
- FEMALE
- MIXED (min 2 females)
- MILITARY
- CORPORATE