

GENERAL INFORMATION

Saturday, August 29, 2009
29K and 42K starts at 8:30am
16K starts at 11:00am
Bragg Creek, Alberta, Canada

Shirt guaranteed for all entries received by August 1. Trophies for the top male and female runners in all three trail races.

Lunch and refreshments available at the start/finish line area followed by awards and draw prizes.

SAFETY

All 29K and 42K runners MUST carry a long-sleeved windbreaker due to the varied weather conditions above the tree line. No dogs allowed on course.



ENVIRONMENT

Please bring your own reusable plate, bowl, utensils and cup for the lunch. Refillable bottles or hydration bladders recommended for on course. Recycling bins available.



WEBSITE

Visit our website for all the race details, online registration, elevation profiles, registration confirmation.



www.moosetrailraces.com

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CONTACT:

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MOOSE MOUNTAIN TRAIL RACES

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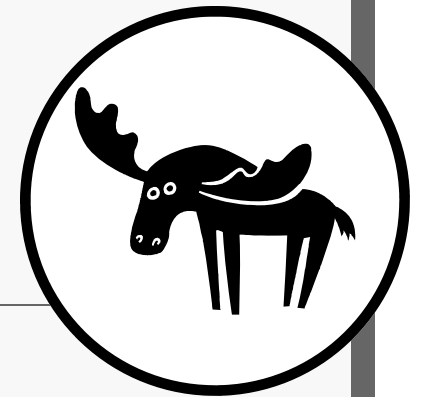
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NEW MARATHON DISTANCE

2009 MOOSE MOUNTAIN TRAIL RACES



SATURDAY
AUGUST 29, 2009

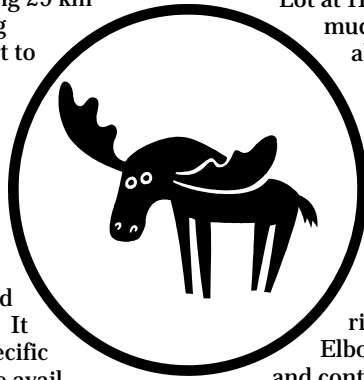
29K / 42K STARTS AT 8:30AM
16K STARTS AT 11:00AM

WEST BRAGG CREEK
ALBERTA, CANADA

MOOSE MOUNTAIN 29K/42K COURSE

Moose Mountain is 7,995 ft (2,437m) tall. It is on the leading edge of the Rocky Mountain range. The course is a rugged, challenging 29 km mountain trail starting at the West Bragg Creek Parking Lot at 8:30 am. From start to the turnaround on the mountain just below the Moose Mountain fire watch station, an elevation gain of 3000 feet takes you just under 8000 feet above sea level.

The 29K is an out and back course with logging roads, switchbacks and mountain valleys. The 42K will divert and complete the telephone loop in addition. It is challenging - prepare yourself with specific training on trails! Water/aid stations are available at locations outlined on the website.



TELEPHONE LOOP 16K COURSE

The course is a 16 km alternative, challenging, circular, forest trail run starting at the West Bragg Creek Parking Lot at 11:00 a.m. Be ready for boggy sections and mud in some areas! Water/aid station is available at 8K. Depending on the conditions, this course has been claimed to be one of the muddiest runs around.

DIRECTIONS TO THE START LINE

From Calgary, take Hwy 1 (Trans-Canada) west and turn south on Hwy 22 (Bragg Creek Rd) for 19 km. At the Bragg Creek Shell Station, exit Hwy 22 by turning right and drive through the hamlet, across Elbow River Bridge to a T-junction. Turn left and continue for 9 km to the end of the road at West Bragg Creek Recreational Area. Same location as 2008.

REGISTRATION FORM

Price	Distance	Shirt Size
\$35.00	<input type="checkbox"/> 16 K	<input type="checkbox"/> XS <input type="checkbox"/> L
\$40.00	<input type="checkbox"/> 29 K	<input type="checkbox"/> S <input type="checkbox"/> XL
\$45.00	<input type="checkbox"/> 42 K	<input type="checkbox"/> M <input type="checkbox"/> XXL

Method of Payment (on-line registration available at www.eventsonline.ca)

- Cheque (payable to Moose Mountain Trail Races)
 Cash

Name _____

Address 1 _____

Address 2 _____

City, Postal Code or ZIP _____

Phone _____

Email _____

Age (on race day) _____ Male/Female _____

Waiver: In consideration of this entry acceptance, thereby, for myself, my heirs executors and administrators, waive any and all right of claims and damages I may have against Gord's Running Store, Race Officials, Administrators or any other organization or individuals associated with this event. I hereby give permission for any photographs to be used for race promotion. I attest and verify that I am physically fit and have sufficiently trained for the competition of this race and my physical condition has been verified by a licensed medical doctor.

Signature (Signature of guardian if under 18 years of age) _____ Date _____

HAVING BENEFITS TO BEING A BENEFIT

All participants will receive the following:

- Race shirt
- Lunch - vegetarian soup, rolls, fruit, dessert, Gatorade
- Massage from Apex
- Chance to win great door prizes

Awards for top male and female in all distances.

PROCEEDS SUPPORT THE
GREATER BRAGG CREEK
TRAIL ASSOCIATION

TRAILRUNNER MAGAZINE TROPHY SERIES

Moose Mountain Trail Races is proud to be part of the Trailrunner Trophy Series. All racers finishing will receive points in the marathon / short race division.

Visit the Trailrunner's website www.trailrunnermag.com for all the details.



Drop off or mail entries to:
Gord's Running Store
919 Centre Street NW
Calgary, Alberta T2E 2P6
Phone: 403-270-8606

Race package pick up available at Gord's Store on:
Thursday, August 27 from 4 - 7 p m
Friday, August 28 from 4 - 6 pm

Pick up available on race day at the start line