

**White Mountain Milers
31st Annual
2009 Jackson Covered Bridge
10K Footrace and Kids K Fun Run**

Saturday, June 6, 2009

“New England’s Toughest 10K Road Race”

“One of New England’s Top 100 Road Races”

–New England Runner Magazine, 1999-2007



Pen and ink drawing of covered bridge by Myke Morton, courtesy Jackson Historical Society

Race to Benefit: White Mountain Milers’ Scholarship Fund
Registration: 8:00-9:30 a.m. Jackson Fire Station
Start: 10:00 a.m. Runners — 9:30 a.m. Walkers
Kids K Fun Run at 11:30 following race
Timing: Granite State Race Services / Course Certified NH 99009WN

Online registration at: <http://www.active.com>

Name (print clearly) _____

Date of Birth: _____

Address _____

_____/_____/_____
(mo-day-yr)

City _____ State _____ Zip _____

Age on 6/6/09: _____

Runner _____ Walker _____ Female _____ Male _____

Phone: () _____

T Shirt Size:
(first 125 only)

E-mail address: _____

XL L M S
(circle one)

Bring a friend to volunteer (they get a free T-shirt and lunch)

Name _____

WAIVER, RELEASE AND AGREEMENT:

In consideration of the acceptance of this entry, I, for myself and my heirs and legal representatives, waive and release all rights and claims for personal injury and other damage arising from or in any way connected with this race (including claims based on negligence) which I or they may ever have against the Town of Jackson NH, the Race Committee and all volunteers, the White Mountain Milers, USA Track and Field New England Association, Jackson PTO, and any contributors and sponsors of this race. I agree that I will not take part in the race if I am not, on race day, physically fit and sufficiently trained for the race. I further agree that the Race Directors may, in their absolute discretion, exclude or disqualify me from the race if I violate the race instructions and rules which include, but are not limited to: NO dogs or other pets; NO headphones; NO rollerblades; NO bicycles; no baby joggers or strollers.

Signature _____ Date _____

To be signed by parent of entrant under 18: I am the parent of, and have legal custody of this entrant, and of him/her and myself I grant and make the above WAIVER, RELEASE and AGREEMENT to and with all parties’ names above.

Parent’s Signature _____ Date _____

Address and telephone (if different): _____

Pre-registration \$20

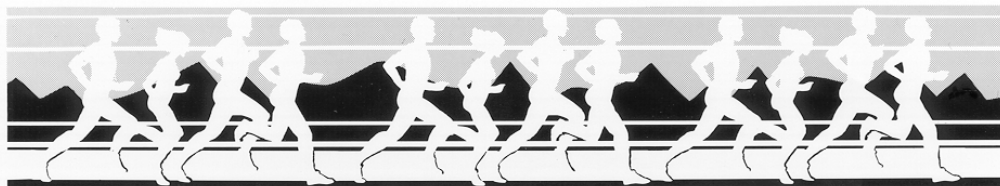
All paid entries must be *postmarked* by May 29, 2009. All post registrations: \$24.

Mail-ins: Make check payable to: “White Mountain Milers”.

Send to: Lorraine Tilney, Race Director, PO Box 476, Jackson, NH 03846.

The White Mountain Milers

We "Run" The Mount Washington Valley



RACE INFORMATION

- Date:** Saturday, June 6, 2009
Time: 10:00 a.m. Runners – 9:30 a.m. Walkers
Kids K: **Free Fun Run for Kids 12 & under following footrace at finish area.** Separate registration on race day. (Don't use this form). Every kid is #1 at our Kids K. Parents MUST accompany child but need not be entered in 10K race.
- Benefits:** White Mountain Milers Scholarship Fund
Race day Registration and number pick-up: 8:00-9:30 a.m. Jackson Fire Station, Jackson Village, NH
- T Shirts:** First 125 pre-registered runners/walkers
Additional T-shirts on sale for \$10
- Start:** At Jackson Covered Bridge
Finish: Jackson ballfield, Jackson Village, by the river.
Course: A challenging 10K course winding through quaint Jackson Village and along the scenic Jackson Falls. The course includes 1.5 mile uphill at the start rising about 500 feet in elevation.
- Safety:** Medical aid provided courtesy of the Jackson-Bartlett Ambulance. Course safety supervised by/courtesy of the Jackson Police Department.
- Water Stops:** 4 water stops.
- Course Records:** Runners: Women-Michele Palmer (2002) 39:35 (post 1999 course certification)
Men-Kevin Tilton (2005) 34:30 (post 1999 course certification)
Walkers: Women-Barb Renda (2007) 1:07:49.
Men-John Renda (2003) 1:01:58
- Awards:** **Runners: 1st and 2nd prize** fastest overall male and female.
10 age division awards: 18 & under, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70+
Walkers: 1st prize for fastest overall male and female. Additional prizes for top two male and female.
- Food:** Delicious food for all runners & walkers. Others: Adult \$6; Children \$3.
Timing: Granite State Race Services; complete results posted following race.
Pre-registration Fee: Postmarked by May 29, 2009: \$20. Day of race: \$24.
By Mail: Send to: Race Director, Lorraine Tilney, PO Box 476, Jackson, NH 03846; (603) 383-6153; email: Jackson10K@hotmail.com *Checks must accompany registration and be made out to "White Mountain Milers"*
- Register Online:** <http://www.active.com> **NO REFUNDS**
Web site and links: <http://www.whitemountainmilers.com>
Lodging: Contact Jackson Area Chamber of Commerce at (603) 383-9356 for lodging. The Inn at Jackson and The Whitneys Inn offer all entrants a 20% discount for a two night stay and 10% for one night. Call 1-800-667-5737 or www.innatjackson.com or www.whitneysinn.com
- Directions:** **From North Conway:** Route 16 north to Glen NH. At Routes 16/302 split, go right on 16 (past Story Land). 3 miles to the Jackson covered bridge. Go through the covered bridge to fire station and signs for parking.

Jackson Covered Bridge 10K Footrace
Lorraine Tilney, Race Director
PO Box 476
Jackson, NH 03846
Jackson10k@hotmail.com

