



# Downhill Mile



All your protection under one roof®  
**Brent Friesth Agency**



Presents

**THE FASTEST  
 STREET MILE  
 IN THE UNITED STATES**

**4th of July  
 7:00 am Start**

*Custom runners  
 shirt for the first  
 300 entrants*

## ENTRY FEES

Adult (20+) \$20 advance / \$30 race day  
 Youth (13-19) \$15 advance / \$25 race day  
 Kids (12 & under) \$10 advance / \$20 race day  
 Family Rate \$40 advance (maximum 6 runners)  
 / no family rate on race day

*(Race day registration may not be available if THE RACE SELLS OUT  
 like last year.)*

## INFORMATION

### Info Contact

**Bruce Kirshner 303-902-4528**  
**bhkirsch@comcast.net**

### Register On-line at

[www.active.com](http://www.active.com)

### or register at

**Solepepper Sports**  
**459 S. McCaslin, Suite 2**  
**Louisville, CO 80027**

### or mail to

**Superior Downhill Mile**  
**654 Tantar Dr**  
**Boulder, CO 80305**

registration/packet pickup begins at 6:00 am  
 July 4th near the race start

## ENTRY FORM

1 entry per form - ok to copy

Bib #

First Name

Last Name

Address

City/State/Zip

Email Address

Phone#

Shirt size: S  M  L  XL

Male  Female

Age

High School

Make checks payable to Superior Down Hill Mile

Total Fees

Liability and Publicity waiver: I know running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, all such risks being known and understood by me. I am aware that volunteer personnel (whom may be called upon to provide assistance) will provide medical support for this event. Including first aid to me during the event. I authorize any such volunteer to assist me or to perform such assistance as in the opinion of such person that may be appropriate. I understand that the Superior Downhill Mile and the Town of Superior assumes no responsibility or liability with respect to my participation in this event. I agree, however to abide any decision of any race official relative to my ability to safely complete the run. I hereby grant permission to the Superior Downhill Mile, its sponsors and the Town of Superior to use any photographs, motion pictures, recordings or any record of this event for legitimate purposes. I agree to abide by the rules of this race as stated in all official race information. Having read this waiver and knowing these facts in all consideration of your accepting my entry, I, myself and anyone entitled to action my behalf, do hereby release and discharge the Superior Downhill Mile, the Town of Superior, and all sponsors, representatives (including event volunteers), and employees of any of them, from all claims or liabilities of any kind arising out of my participation in this event even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

By signing this form, I have read and agree to the conditions of the above waiver.

Signature

## COURSE RECORDS

Category	Name	Time	Year
Male (+20)	Jason Lunn	3:51	2006
Female (+20)	Tera Moody	4:39	2007
Masters Male (+40)	Zhenghao Luo	4:21	2008
Masters Female	Tanya Poel	4:43	2007
Male (13-19)	Henry Cowhick	4:17	2007
Female (13-19)	Kelly Waters	4:48	2006
Male (12 & under)	Zane Jeffress	5:30	2007
Female (12 & under)	Carly Donner	6:25	2008

## MILE PRIZE STRUCTURE

*Double dipping allowed for old folks!*

### Male & Female

1st Place	\$250.00
2nd Place	\$150.00
3rd Place	\$50.00
1st Place Master (40+ years old)	\$50.00

### New This Year:

*Solepepper High School Mile Challenge*

Prizes to the first three High School Male and first three Female runners. Bonus prize for bettering the High School State Record.

*We need volunteers*

*Contact*

*Bruce Kirshner 303-902-4528*

*bhkirsch@comcast.net*

## CERTIFIED COURSE

