



2nd annual Frosty Mountain Ultra Trail Race

50 km, 25 km and 13 km

Saturday September 19, 2009

Start location: Lightning Lake Parking Lot

Registration:

<http://www.events.runningroom.com/site/?racelid=4602>

or use mail in form on page 2. Race day registration available.

Sign In Start Times

50 km 7:30	8:00 am
25 km 9:30	10:00 am
13 km 10:30	11:00 am

Fees (includes shirt)

See Registration Form

No size guarantee after September 1st

Description

The Frosty Mountain Ultra and 25 km trail race is located in beautiful Manning Park just 2.5 hours east of Vancouver. The race will start in the parking lot of Lightning Lake and ascend to the summit of Frosty Mountain which is the highest peak in Manning Park at 7900 feet (2408 meters). The race will take you through spectacular, non-technical terrain including lush forest, stunning flower-covered meadows to the dry sub-alpine region where you will have a spectacular 360° view. After reaching the summit, the race will descend rapidly to the south side of Lightning Lake. The 25km race will turn off to finish back at Lightning Lake parking lot while the 50km race will continue around Lightning and Strike Lake followed by a relatively easy climb up Sky Line Trail 1 returning via Strawberry Flats to Lightning Lake parking lot. The 13km a relatively easy undulating trail around Lightning Lake.

Aid Stations

Due to the remote location of the race, aid will be limited to approximately four stations; therefore, be prepared and plan to carry lots of water.

Contact

For more information contact the race director Gottfried Grosser at gottfried_grosser@shaw.ca or check back at Mountain Madness race website for more updates as they become available.

Volunteers

Volunteers are needed. Please contact Gottfried.

BC Athletics

Sanctioned by BC Athletics.

Package Pickup

September, 16th from 4:00 - 6:00 PM
North Vancouver **Running Room** - [View Map](#)
Suite 754, 2601 Westview Drive
North Vancouver, BC

September 18th **Manning Park Lodge** 6:00 - 7:00 PM

September 19th **Lightning Lake** Parking Lot
up to 30 minutes before each race

Getting There

From Vancouver, take Highway 1 to Hope, then Highway 3 to Manning Park. Follow the signs to Lightning Lake "DAY" parking.

Parking

Lightning Lake parking lot.

Mail In Registration

Registration Form

2nd Annual Frosty Mountain Ultra, 25 km and 13 km Trail Race, Saturday, Sep 19, 2009

For online registration go to <http://www.events.runningroom.com/site/?raceId=4602>

Racer Information

Last Name		First Name	
Full Address			
Phone		Male/Female	
Age on race day		Shirt Size if before Sep 1	- unisex= - male/female =
Email (print)			
Comp entry?	<i>If you received a comp entry, indicate reason.</i>		

Entry Fees

Select One	Fee Until July 1, 2009	Fee Until Sep 1, 2009	Fee Until Sept. 19, 2009	Grand Total
<input type="checkbox"/> 13 km Lightning	\$35	\$40	\$45	
<input type="checkbox"/> 25 km Endurance	\$45	\$55	\$65	
<input type="checkbox"/> 50 km Ultra	\$55	\$65	\$75	

Restrictions

Entries are non-refundable.

Cheque Payable

Make cheque payable to: Gottfried Grosser

Waiver

WAIVER, RELEASE AND INDEMNIFICATION - As a participant in the Frosty Mountain Trail race, I agree to all rules and will comply with them. I am aware that this type of trail run and/or mountain bike may be extremely difficult and hazardous even for well-conditioned athletes under the most favourable conditions. I understand that I should not compete in this run and/or mountain bike unless I am in excellent physical condition, have trained adequately and have no medical condition that might be worsened by physical activity. Knowing these facts and in consideration of the acceptance of my application to participate in the Frosty Mountain Trail Race I hereby for myself, my heirs, executors and administrators waive, release and discharge Gottfried Grosser, Mountain Madness, officials, volunteers and all persons connected with this event from claims of liability, for any injuries to me (including but not limited to death). This release extends to all claims unforeseen, known or unknown. Further, I grant irrevocable permission to the Frosty Mountain Trail Race, and any media covering this year's race, and the authorized agents, contractors, and representatives of each, to use my name and likeness in any photographs, videotapes, motion pictures, recordings or any other records of my participation in this event for any purpose. Signed this

_____(date).

Signature (Runner) _____ Print name _____

Mailing Address

Mail this form to:

Gottfried Grosser

2263 Caledonia Ave

North Vancouver B.C., V7G 1T8