

31st Annual Hocking Hills Indian Run

September 19, 2009

The Hocking Hills Indian Run trail winds through vast wooded areas of the Hocking Hills State Park and the Hocking State Forest, crossing many small streams, uphill and down. Much of the course is forest trail with some dirt roadway and pavement.

Register

Mail Registration form below or register on-line at www.1800hocking.com/indianrun. All races meet and finish at the Hocking Hills State Park Dining Lodge, 20160 St. Rt. 664 South in Hocking County. Registration and check-in begins at 7:30 a.m. (6:30 a.m. only for 60K runners) on race day at the Dining Lodge.

Race Start Times

60K: 7 a.m. 40K: 8 a.m. All other races: Individual starts between 9 and 11 a.m.
Runners must start before 11 and end before 3:15 to be considered for timing and awards.
Runners should allow at least 1/2 hour for check-in before they start their run.

Information

For more details on the Indian Run, call 740-385-2750 or visit www.1800hocking.com/indianrun.

Check with these Indian Run sponsors for accommodations:

Autumn Ridge Cabins, 888-340-3444; **Baymont Inn & Suites**, 877-229-6668;
Getaway Cabins, 888-587-0659; **Inn & Spa at Cedar Falls**, 800-653-2557

Entry Form

Please print legibly. Return by Sept. 14, 2009 for early registration fee of \$25.

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Phone Number _____ E-mail _____

Age (on Sept. 19, 2009) _____ Circle one: Male Female

Please circle the race you will be running: 5K 10K 20K 40K 60K

T-Shirt Size (circle one): Adult S Adult M Adult L Adult XL Adult XXL Youth M Youth L

Entry Fee: Early Registration - \$25 if postmarked by Sept. 14, 2009 (includes T-Shirt)
\$30 after Sept. 14 and on Race Day (includes T-Shirt, size preference not guaranteed)

WAIVER: In consideration of the entry being accepted, and of being allowed to participate in the Hocking Hills Indian Run, I, hereby, and for my minor child, heirs, executors and administrators, waive, release and forever discharge, and save harmless from any and all claims for damages and causes of action which may occur, including consequential damages, I may have against the Ohio Department of Natural Resources and the Hocking Hills Tourism Association, their representatives, successors, and all other organizers and sponsors and assigns for any and all injuries and damages suffered by me or my child at this meet, whether caused by the negligence of the Ohio Department of Natural Resources, the Hocking Hills Tourism Association, or otherwise. I certify that I am, or my minor child is, an amateur athlete. I further certify that I or my minor child have trained sufficiently to participate in this meet. I am, or my child is, in good physical condition and this has been verified by a physician within the last six months. I also give permission for the free use of my name and/or pictures in any broadcast, telecast or other account of this event. My signature indicates my agreement to assume all risks and abide by the rules and decisions of the meet committee and organizers.

SIGNATURE _____ DATE _____

(Parent or guardian if under 18 years of age)

Make check payable to: Hocking Hills Tourism Association Complete this form and mail with payment to:
Indian Run c/o HHTA, 13178 St. Rt. 664 South, Logan, Ohio 43138 No refunds after Sept. 14, 2009