

READ INSTRUCTIONS CAREFULLY BEFORE SUBMITTING APPLICATION

THE RACE This is a 17.8-mile trail race conducted over the historic Shut-In Ridge Trail that begins at Bent Creek near Asheville, NC and climbs over 3,000 feet along the ridgeline of the Blue Ridge Parkway to the Mt. Pisgah parking lot. The race will begin at 10:00 AM on Saturday, November 4th, 2017 at the North Carolina Arboretum's Visitor Education Center. Enter from Highway 191 at the entrance ramp for the Blue Ridge Parkway. This will be the 38th year for the race.

ENTRIES Entry fee for the race is **\$95.00**. The race is limited to 200 runners. Runners must be 19 or older to participate. Priority will be given to previous winners, those who have completed the race the last four years, five or more times, and previous race volunteers, then by date of entry receipt some consideration will be given to first-time applicants. **Runners that have run the race multiple times have until August 15 to use their option. After that date, you will not be given preference.** Race numbers may be picked up at Jus Running from 3:00 to 7:00 PM on Friday, November 3rd or at the start area from 8:30 until 9:45 AM on race day, November 4th.

AWARDS & PRIZES Stained-glass awards will be presented to the first 20 male and the first 10 female finishers. Cash or merchandise prizes from Jus' Running will go to the top 10 males and top 7 females. The 2017 Shut-In T-shirts are presented at the finish area only to race finishers.

IMPORTANT

*All applicants will be notified by email during the first week of September whether or not their application has been accepted. Runners whose applications are accepted and are officially entered in the race will receive additional information concerning the race. *Those runners whose applications are turned down will have their entry fee returned in early September unless they would like to be on the waiting list. Runners can choose to be removed from the waiting list at any time and have 100% of their check returned or torn up. The waiting list will be eliminated by October 21st. *Runners CANNOT sell or give their place away. Runners have until October 1st to drop out and receive the full entry fee back. *After October 1st, runners will receive \$50 of the entry fee back, and after October 15th runners will no longer receive any money back.

2017 ENTRY APPLICATION
38th ANNUAL SHUT IN RIDGE TRAIL RUN
SATURDAY, NOVEMBER 4TH 10AM
~PLEASE PRINT CLEARLY~

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Cotton Long Sleeved T-SHIRT: S M L XL

These are Unisex/Men's sizing and are given to finishers only.

Phone-()- _____ - _____

EMAIL: _____ (CRUCIAL FOR CONFIRMATION)

AGE: _____ as of 11/4/17 Sex: M F * Must be 19 years of age to participate* # of previous Shut-In's _____

Waiver: I waive any and all claims against the Lower Arden Track Club, the sponsors, Jus' Running, Inc., the Blue Ridge Parkway, its officials and assigns, and against all other organizers and/or sponsors of the "Shut In Ridge Trail Run" for illness or injury which may result directly or indirectly from my participation in the race. I further state that I am in proper physical condition to participate in this event. I am aware that this is an extremely demanding run with steep hills and rough, uneven footing. I am aware that participation in this event could result in physical injury. **Waiver must be signed** _____

We accept check & cash only. NO CREDIT CARDS ACCEPTED.

Make check payable to: Jus Running \$95 Entry Fee

Mail to: Jus' Running, 523 Merrimon Ave Asheville, NC 28804

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