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Jack's Place provides safe, convenient, and comfortable day and overnight accommodations for cancer patients and their caregivers or family members while patients are receiving treatments at the Shaw Cancer Care Center. Named after Dr. Jack Eck, a longtime and beloved Vail-area doctor, Jack's Place is really a haven of tranquility and well-being for the patients of the Shaw Regional Cancer Care Center and their caregivers.

Race dedication: This race is dedicated to the memory of longtime local Lyndon Ellefson, a former gondola foreman on the Lionshead Gondola. Lyndon was instrumental in starting the US Men's Mountain Running Team.



VAIL MOUNTAIN
WINTER UPHILL
PRESENTED BY VAIL ATHLETIC CLUB



VAIL ATHLETIC CLUB



VAIL RESORTS™

Vail Mountain Winter Uphill Event Overview

Date: February 23, 2008 - 7 am
Location: Vail Mountain, Lionshead to Eagle's Nest
Cost: \$30 pre-registration \$35 race day
Registration: In person or by mail at the Vail Athletic Club, 352 E Meadow Drive, Vail CO 81657.
Online at <http://www.active.com>.
Benefiting: Jack's Place, providing support for cancer patients of the Shaw Cancer Care Center.

Course description and event details: The course climbs 2000 vertical feet over two miles on groomed ski slopes from the base of the gondola to the top at Eagle's Nest. Warm clothes will be taken to the finish via the gondola to await racers upon course completion. Racers may download the gondola.

Entry fee includes: Post race party at Eagle's Nest, t-shirt, awards, and prizes.

Results: Will be reported by overall place, equipment category, gender, and age group.

Parking: Available in the Lionshead parking structure.

Vail Mountain Winter Uphill Event Registration

Racer Name _____ Bib # _____
Mailing Address _____ City _____ State _____ Zip _____
Phone _____ Email Address _____ DOB ____/____/____
Age Group: ___17 & under ___18-29 ___30-39 ___40-49 ___50-59 ___60-69 ___70+ Sex: ___M ___F
Equipment Category: ___Open (running shoes, stabilizers, Yak Trax, snowshoes) ___Track Skis (any lightweight nordic ski)
___Heavy Metal (any heavier, metal-edged ski including telemark or alpine touring equipment)
Payment: ___\$30 pre-registration ___\$35 race day registration \$_____ extra donation to Jack's Place Total Due: \$_____
Payment Type: ___check payable to Vail Athletic Club ___cash (Please make credit card payments online at <http://www.active.com>.)

LIABILITY RELEASE: I fully understand that participation in this event is very dangerous, with hazards both apparent and hidden, and that I could easily become injured and/or die. By signing below, I waive and release for myself, my heirs, executors and administrators, any and all rights and claims for damage which I may have against the directors, organizers, helpers, property owners, Vail Athletic Club, Eagle County, The Town of Vail, Vail Resorts, and/or any other entity connected with these events in any way. I attest that I am physically fit and have trained to finish this event. I agree all decisions I make and actions I take are on my own. I acknowledge that I will be running in isolated, remote areas where air and rescue may never arrive. I agree to pay medical and rescue expenses I may incur. Race organizers can use my name, photo, and comments to publicize this event. I agree to have fun, try hard, and play fair.

Signature: _____ Date: _____

Signature of parent or guardian if under 18 years of age: _____ Date: _____