

The 26th
CROW PASS CROSSING

Chugach Mountains, Alaska
Saturday, July 18th 2009

Sponsored by
The UAA Milers Booster Club

COMPLETELY AND THOROUGHLY READ THIS APPLICATION.

Application Fee: \$60 (Make check payable to The UAA Milers Booster Club)... NO REFUNDS. A portion of each application fee will be donated to the not-for-profit Eagle River Nature Center. The rest of the money will go towards event costs and the UAA Milers Booster Club.

Race Start: Meet at 6:00AM in the Crow Pass Trail Head parking lot at the end of the Crow Mine Road, 6 miles out of Girdwood. **RACE BEGINS at 7:00AM Sharp!**

MANDATORY

Pre-Race Meeting: Friday, July 17th, at 5:00 PM Wells Fargo Sports Center on the campus of the University of Alaska Anchorage. Number distribution will be *only* at this meeting. Last minute trail warnings and updates will be provided. **IF YOU ARE NOT AT THIS MEETING YOU WILL NOT BE IN THE RACE. NO EXCUSES. DON'T CALL US FOR DIRECTIONS. HOW CAN WE TRUST YOU IF YOU CAN'T FIGURE OUT WHERE THE MEETING IS LOCATED?**

The Course: Approximately 24 miles (never accurately measured and it changes year to year) along the Crow Pass Trail from its start near Girdwood to the Eagle River Nature Center at the end of Eagle River Road. The total gradient is 5959 feet, with a peak elevation gain of 3888 feet.

IMPORTANT NOTE: *This is a risk-filled and dangerous race. Bad things can and usually do happen. Someone has been injured or imperiled each year. There are very real hazards and little chance for immediate medical aid if needed. Racers are asked to please assist their fallen brethren. Communication is nigh onto impossible.*

6 Hour Time Limit: *This race is not for beginners.* It is not designed for “recreational” runners, “hikers”, or “Rambo” wannabes and the 6 hour time limit remains firm. Runners exceeding the 6 hour time limit will not be included in the official race results, and the race officials who remain at the finish line will not be amused. ***We strongly recommend that if you have never traversed the entire Crow Pass Trail that you do so before applying for the race. Do not make this race your first experience with the trail.***

Entry Requirements: You must have:

- 1) Completed the Crow Pass Crossing under 6 hours in 2007 or 2008, or
- 2) Completed a standard marathon under 4:00 since January 1, 2008 or
- 3) Completed a half marathon under 1:45 since January 1, 2008 or
- 4) Completed the Lost Lake Race in 2008 under 2:30

If you do not meet the above requirements, but you still believe you qualify, you must write a letter explaining your situation and include the name and phone number of an additional reference. Being able to ski a long way doesn't count. You should seriously reconsider your entry if you have a bad attitude, have sustained an injury within six weeks of the race, if you are a smoker, or if you have the flu or any viral or bacterial manifestations of illness.

HAZARDS

- 1) **Weather changes: precipitation of all types, wind, and thermal alterations.**
- 2) **There is a high likelihood of fog and wet, icy, or slippery conditions in the pass.**
- 3) **Unsafe drinking water sources (Giardia/ "Beaver Fever")**
- 4) **Animals (bears, moose, bears, stinging insects, bears, and other vermin)**
- 5) **BEARS have been encountered in all previous races. You should be knowledgeable about how to avoid skirmishes with bears.**
- 6) **Poor, unpredictable, and frightfully dangerous trail conditions including eroded trails and missing or broken and hazardous bridges.**
- 7) **Incomplete (and perhaps misleading) trail markings.**
- 8) **Perilous, cold, and possibly life-threatening river crossings.**
- 9) **Poisonous plants.**
- 10) **Hypothermia, hyperthermia, dehydration**
- 11) **You must ford a quarter mile wide, thigh deep, glacier-fed torrent.**
- 12) **Additional hazards of which we are so far unaware.**

Medical Aid Stations: *There are none.* Radio or telephone contact with the finish line has not been successful in the past. Check points in Crow Pass and at the Eagle River ford site will have emergency first aid supplies only. Check station personnel will not transport your supplies or gear, either in or out, so don't ask them. Emergency medi-vac is unlikely and should not be expected. If it becomes necessary and possible, it will be at your expense.

Mandatory Equipment (The Laddie Shaw Rules): You must have the following gear at the start and finish of the race, as well as over the entire route. Officials have the right to inspect for compliance with this rule at any time or location. Refusal to submit to an inspection, or failure to demonstrate compliance will result in disqualification.

- 1) **Water container** (don't be silly about this)
- 2) **Stocking cap** or equivalent (not a hat) and **gloves**
- 3) Top and bottom **long underwear** (polypropylene or its equivalent suggested)
- 4) **Wind pants and jacket** (top and bottom)
- 5) **Your race number**

Fluids: You will be responsible for obtaining and/or carrying your own water, food, etc. Emergency water will not be available. You must pack out all your garbage.

Cut Off Times: You must reach the first check station in Crow Pass within **60 minutes**. If you arrive there more than one (1) hour after the start of the race, you will be dropped from the race roster, asked to remove your number. You may return to the start or continue on your own, but at your own risk. This cut-off time will be rigidly enforced.

Rules

- 1) You must pass through each check station where numbers will be verified and recorded. You are responsible for checking yourself in at each station.
- 2) **YOU MUST CROSS EAGLE RIVER AT THE DESIGNATED CROSSING and receive a wristband.** Failure to do so shall result in race disqualification.
- 3) You must comply with the Laddie Shaw Mandatory Equipment Rules
- 4) You must pack out all gear and refuse; these items may not be discarded along the trail or at check stations.
- 5) In case you drop out from the race, it will be your responsibility to report to the nearest checkpoint.
- 6) You are expected to complete the course within six (6) hours.
- 7) You are expected to exhibit more than common courtesy to others on the trail. You must always yield the trail to hikers, walkers, and tourists and you must say, "Excuse me," followed by "Thank you."

Awards Ceremony: 1:00 PM at the Eagle River Nature Center

(BYOPF---Bring your own parking fee)

Awards to all age group and overall winners

Special award to the fastest male and female rookie

Race Categories: Under 20, 20-29, 30-39, 40-49, 50-59, 60 and over

Registration:

- ◆ Race limited to 150 entrants
- ◆ Every *qualifying* 2008 Crow Pass Veteran who submits an application by 4PM Friday, May 29th, will be automatically included in the field.
- ◆ Previous Overall Winners and 2008 Age Group Winners (male and female) who qualify must also register by the May 29th deadline to be guaranteed a spot in the field and receive a free entry. *This is the Green Jacket Rule.*
- ◆ All application blanks must be delivered by hand (or by mail, but only if your postmark is greater than 75 miles by road away) to the **Wells Fargo Sports Complex Rm 220, University of Alaska Anchorage 3211 Providence Drive 99508** The application fee must be enclosed.
- ◆ **TELEPHONE, FAX OR E-MAIL REGISTRATION WILL NOT BE ACCEPTED.**
- ◆ **All *qualified* applicants who sign up before 5pm, Wednesday, June 3rd will be included in a pool, along with all *qualified* mail applications DELIVERED (NOT POSTMARKED) by then. If there are more applications than available spots, a lottery will be under taken, those not selected being placed on a waiting list in an order determined by lottery.**
- ◆ You may apply at any time from today on, but bear in mind the above deadlines.
- ◆ Check our web site at WWW.goseawolves.com Friday, June 5th to see if you are in the race or on the waiting list. This list will be updated weekly.

THE CROW PASS CROSSING XXV
Chugach Mountains, Alaska
July 18th, 2009

RELEASE AND WAIVER

NO APPLICATION WILL BE ACCEPTED WITHOUT SIGNATURE. This APPLICATION contains a RELEASE and WAIVER. By signing it, you accept all the expected and unexpected hazards of this dangerous event.

To participate in the CROW PASS CROSSING XVIII on Saturday, July 18th 2009, near Anchorage, I accept all rules, conditions, and regulations and will comply with them. Minor applicants (under 18 years of age) will be accepted into the race field only with their parents' or guardian's approval and signature. I am aware that a wilderness endurance race of this nature may be extremely difficult and hazardous for even well-conditioned athletes under the most favorable environmental conditions. I understand that I should not participate in this event unless: 1) I am in excellent physical condition, 2) I have trained properly for this event, 3) I have no medical condition which could likely be worsened by vigorous physical activity or environmental stress, and 4) I am aware of all the rules, hazards, and warnings listed in the race prospectus.

Knowing these facts, in consideration of your acceptance of my application, and in reliance upon the information submitted herein by me, I hereby, for myself, my heirs, my executors and administrators, waive, release, discharge, and covenant not to sue UAA, CHUGACH STATE PARK, the U.S. NATIONAL FOREST SERVICE, all volunteer organizations, or any medical personnel assisting in this event. I further agree that I will defend, indemnify, and hold harmless all claims, demands and causes for action, including court costs and attorney's fees directly or indirectly arising from any action or other proceeding brought by or prosecuted for my benefit whatsoever, whether foreseen or unforeseen.

Finally, I hereby grant my irrevocable permission to UAA and its authorized agents to use my name and any photographs, video tapes, motion pictures, recordings, or any other record of my participation in this event for any lawful purpose.

Name: _____ Sex: M F Age (on race day): _____

Mailing Address (Print legibly because you may have stuff mailed to you):

Street & Number: _____

City, State ZIP: _____

Phone number: _____ Shirt size: XL L M S

I qualify for this year's race because:

I last ran Crow Pass in _____ with a time of _____

I last ran a full marathon on _____ with a time of _____

I last ran a half-marathon on _____ with a time of _____

I last ran the Lost Lake Race in _____ with a time of _____

Signature (or parent's signature if you are under 18): _____