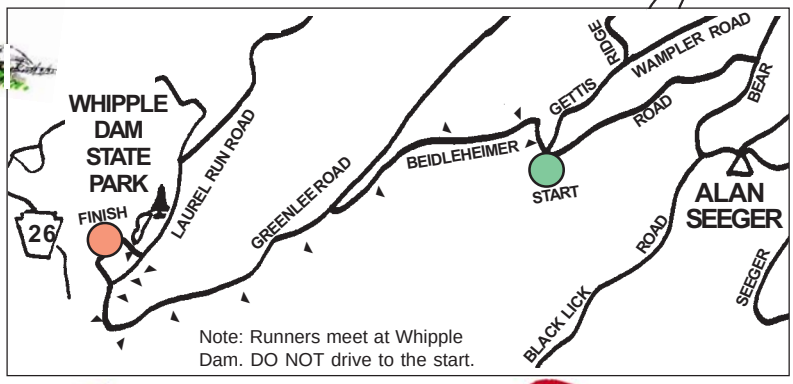
5th Annual Beidleheimer Sssssssidewinder 10K

Sssssscenic course! Age and gender-graded results!

Date: Sat., May 10, 2008

Location: Whipple Dam State Park.

Course: A rolling and mostly downhill run on forest roads in Rothrock State Forest. This is Leg 4 (reverse direction) of the Tussey Mountainback 50 Mile Relay and Ultramarathon course. Total elevation loss: 429 ft. The start is at the intersection of Beidleheimer and Gettis Ridge roads (do not drive to the start - runners will be transported from Whipple Dam to the start). Finish is at Whipple Dam State Park (runners finish via the park's exit road).



Start Time: **Runners will be transported at 9:30 a.m. by bus to the start.** Start is at 10:00 a.m. (No cars are permitted at the start.)

Registration: ***Individuals and teams of five or more (not relay). First 5 runners are scored. A***dvance registration $12 if postmarked by April 26, $15 thereafter. Make checks out and mail or hand deliver to: "MTB 50," 103 E. Hamilton Ave., State College, PA 16801. Race shirts guaranteed to all runners registered by April 26, and while supplies last. **Race day registration and packet pickup will be held at Whipple Dam from 8:30-9:15 a.m.**

Awards: Scoring will be **age- and gender-graded** *(see box and reverse side).* Awards to top five finishers and top three teams of 5, plus door prizes.

Course records:
Male: Nate Harkins 32:05 Female: Meira Minard 40:27

Directions: ***From State College***, take State Route 26 south to Pine Grove Mills. At the flashing light, turn left and follow 26 over the mountain. Pass the sign for "Shaver's Creek" on the right, go one more mile and turn left at the Whipple Dam sign, just before a small store on the left. ***From Altoona***, take I-99 to the Tyrone exit, then 453 south, then go left on 550 north. At Warriors Mark, go right on 350 south. At Seven Stars, turn left on 45 east to Pine Grove Mills. At the flashing light, turn right and follow 26 over the mountain, then same as above.

SCORING: SEE CHART ON REVERSE SIDE. We use the age and gender correction factors developed by the World Association of Veteran Athletics (WAVA).
* Teams must have at least 5 members.
* Team finishes are based on adding up graded times for the 5 fastest members.

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Two remaining (free) Teaser runs! Visit nvrun.com or tusseymountainback.com

June 7: Tussey Teaser #4: Treaster Kettle "Test-Your-Mettle" 10.6 Miler. *8:30 AM.*
Econo-race (free). Out and back on Leg #10 of the Tussey Mountainback 50 course. "Test Your Mettle" shirts available for $6 for runners signed up by May 26. Start and finish at Colyer Lake.

June 28: Tussey Teaser #5: Bear Meadows Made in the Shade 7 or 10.6 Miler. *8:30 AM.* Econo-race (free). Two single loops with the same start and finish at Bear Meadows Natural Area. Run 7.0 or 10.6 miles, you choose the distance!

5th Annual Beidleheimer Sidewinder 10K

How did you find out about this event?:_____

Name_____ **Team Name (if on a Team):**_____

Address:_____

Town, State, Zip Code:_____

Phone Number - Day:(_____) _____ **, Evening: (_____)** _____

E-Mail:_____

Sex: M____ F____, Age (on race day):_____, T-Shirt Size (Men's): S____ M____ L____ XL____

In consideration of this entry being accepted, I (please print) _____, do hereby indemnify, hold harmless, assume liability for, MTB50, the Beidleheimer Sidewinder 10K, its sponsors, volunteers and employees, the Commonwealth of Pennsylvania, its agents, servants, employees, officers and directors, from any and all costs and expenses including but not limited to, attorney's fees, reasonable investigative and discovery costs, court costs, and all other sums which the Beidleheimer Sidewinder 10K, its agents, servants, employees, officers and directors may or become obligated to pay on account of any, all and every demand for claim or assertion of liability, or any claim or action, founded thereon, arising or alleged to have arisen out of my participation in the Beidleheimer Sidewinder 10K or my use of real or personal property belonging to the Commonwealth of Pennsylvania, its cities, towns, agents, servants, employees, officers, and directors, or by any action or omission by me.

Signature (required):_____ **Date:**_____

(If under 18, parent or guardian must sign):_____ **Date:**_____