

ANNOUNCING THE 2010 GREAT SILVERADO FOOTRACE!

The Footrace course this year will be similar to the 2009 course which was really fun yet challenging! There will of course be new variations to keep it interesting. The actual course length and difficulty has not yet been finalized, but the plan is to have two loops where the first loop (about 5 miles) will be for everybody, with a second loop (about 3 miles) added for those that wish to complete the full race distance. The entire thing should be similar to previous year's races in terms of time and difficulty. From about 1 1/2 hours for the fastest runner to four or five hours for those that want to take their time. This is a self-supported race so make sure to carry plenty of food and water.. As usual this event is very demanding. The course contains extremely steep terrain with bushwhacking, rocks, ruts, cliff edges and loose dirt. This race is not for the faint of heart but anyone with enough determination and care can negotiate the course. For those of you that are new to this race the descriptions above are not exaggerated! On the other hand, that is what makes this race so unique and very popular for over 12 years now.

When:

Saturday, February 27, 2010

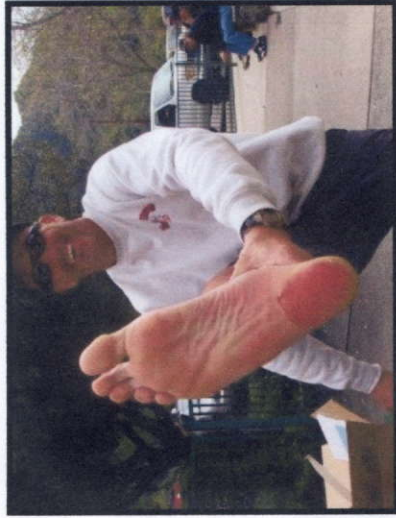
Check-in or sign up from 7:30 to 8:30 race starts at 9:00

Where:

Silverado Community Center, 27641 Silverado Cyn Rd, Silverado 92676

Entry Fee:

\$30 includes event shirt and food. (*non-profit*) Proceeds from this event go to saving wildlands of the Santa Ana Mountains!



Competitor Greg Groom
3 time Footrace champion!

Try to RSVP or pre-register by Feb-19 so there will be enough t-shirts. If you have any questions call Chay Peterson (714) 649-2820.

Email: sprockethead@cox.net

WARNING: gloves, long pants, and shoes with plenty of toe room recommended.