

RACE INFORMATION AND REGISTRATION

www.mitchellraces.com,

www.active.com or

Matthew Hollifield

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Voted the #1 trail race in the East by
Blue Ridge Outdoors readers.

Race Records:

Male Overall - Aaron Saft 2007, 38:29

Female Overall - Alishia Lion, 2006, 44:32

Male Master - Chuck Dumke, 2007, 42:29

Female Master - Anne Riddle Lundblad 2009, 49:31

Don Smith Subaru

828.765.1200

10992 South 226 Highway
Spruce Pine, NC 28777

www.donsmith.subaru.com



**MOUNT MITCHELL RUNNERS CLUB
SPRINGMAID SPLASH
56 SOUTHRIDGE DRIVE
SPRUCE PINE NC 28777**



SUBARU

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“XSTREAM” 10K AND 5K TRAIL RACES AUGUST 18, 2012

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SPRINGMAID MOUNTAIN
2171 Henredon Road
Spruce Pine, NC 28777

10K Course Description

Saturday, August 18, 2012 9:00 am

(RAIN OR SHINE: Alternate course if river is deemed impassible by Emergency Management.)

This run is tough, wet, and wild. You will get wet. You will run along flat fields next to the river, and through the river four times. Paths wind **THROUGH** mountain laurel, challenging HILLS, numerous switchbacks, singletracks, soft sand, alongside ponds, over roots and rocky spots. The entire loop is "run-able," but is totally acceptable to walk parts of the course. It is a great SUMMER COOL DOWN! See the website for photos and previous runner comments. Spectators can easily view various sections of the race and are encouraged to beat the first river crossing!

3.1 Mile (5K) Trail Race

Start time 9:00 AM. This will be

one of the most challenging and fun 5K's you will experience. Yes, you will get wet, hills, roots, rocks, etc!! Due to terrain and number of runners, **no strollers or dogs are allowed on either course.** There are gravel roads and fields where strollers are welcome. Pets are welcome, just not on the course.

Registration:

Register online at www.active.com, or download a form at www.mitchellraces.com
*small fee for online registration.

Packet Pick-Up:

PRE-REGISTRATION and PACKET PICK-UP
Friday, August 17, 2012 5:30 pm-9:00 pm at
Spruce Pine First Baptist
125 Tappan Street
Spruce Pine, NC 28777

RACE DAY REGISTRATION and PACKET PICK-UP

Saturday, August 18, 2012 from 7:00-8:30 am
at Springmaid Mountain. ARRIVE EARLY.

Fees : (non-refundable)

5K

\$20 before August 10th.

\$25 after August 10th and race day.

10K

\$25 before August 10th

\$35 after August 10th and Race Day

Make check payable to : Mitchell Races, Inc.

RETURN TO:

Mitchell Races, Inc.

Attn: Springmaid Splash

56 Southridge Drive, Spruce Pine, NC 28777

T Shirts:

Pre-registered runners are guaranteed a t-shirt.

Door Prizes:

Handmade items donated by local artists.

Awards and Presentations:

10K Overall: Top two Male and top two Female finishers.

Age Groups: Male and Female top three finishers: 13 and under, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+.

Masters: 40+, one Male, one Female

(No double dipping.)

5K Overall: Top Male and Top Female. Age Groups: 11 and under, 12-13, 14-16, 17-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Awards Ceremony

The awards presentation and door prizes will be held immediately following the races. Awards and door prizes will not be mailed.

PLEASE ENTER ME IN: _____ 10k RACE (Rain or shine!) _____ 5K (RACE)
(Start time 9:00 am)

Last Name: _____ First Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ Email: _____

Shirt Size: XS S M L XL XXL (\$2 extra)

Liability/Publicity Waiver and Release: Upon acceptance of my entry, I for myself, my heirs, executors and assigns, do hereby release the officials and volunteers of the Springmaid Splash and any and all sponsors, their representatives and successors and any individual or group associated with this event from all claims or liabilities of any kind arising out of my participation in this event even though that event may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, verbal or written statements or any other record of this event for any legitimate purpose without limitation or further compensation. I know that running and participating in this event is potentially hazardous. I should not enter and run this event unless I am medically able and properly trained. I agree to abide by any decision of an official relative to my ability to safely complete this event. I assume all risks associated with running and training for this event including, but not limited to, falls, contact with other participants, the effects of weather, including conditions of the roads, trails, water, and traffic on the course, all such risks being known and appreciated to me. I UNDERSTAND THAT I WILL GET WET. I FULLY UNDERSTAND THIS IS A DIFFICULT RACE WHERE I MAY GET MUDDY, I MAY FALL, I WILL LAUGH, HAVE FUN, BE CAREFUL, AND SHOW GOOD SPORTSMANSHIP. I WILL WATCH THE CHILDREN I BRING TO THE RACE VERY CAREFULLY AND WON'T LET THEM RUN WILD!!

Signature _____

Parent/Guardian (if under 18) _____

Date _____

In case of an emergency, notify: _____

Phone: _____