



April 10th, 2010 Cosby, TN

Event held rain or shine

# Navy SEAL Extreme Off-road Challenge

*The most unique running and fitness event in Tennessee!*

Limited to only 200 participants!

## Pain is Temporary... Pride is Forever

ONLINE REGISTRATION ONLY. Based on participant feedback requesting online convenience, we now only accept registration via the internet.

Please visit: [www.smokymountainendeavors.com](http://www.smokymountainendeavors.com) for a link to registration

**4/10/10 Schedule: Sign in opens 8:00am Sign in closes 9:45am Extreme 5.6K race 10:00am**

**About the Course:** A new and improved course designed to challenge participants both physically and mentally. Hosted and developed by a 20 year military veteran US Navy SEAL! An off-road trail network winds through 65 acres of woods, across mountain tops, slogs down through creeks and ponds, and up against natural and man made obstacles such as hop-over walls, log balances, log hurdles, a scaling wall, rope bridges, and a near vertical hillside rope climb. The rugged course boasts nearly 2,400 ft of elevation rise and fall. *This is a course like no other!* Come prepared to get dirty, wet, muddy, and tired!

**Rules / Things to know:** No pets please. No use of iPods/headphones. Don't be a jerk. Race management reserves the right to refuse any entry. Runners are responsible for attaching their race # to the front of their shirt/shorts. We sincerely thank and support our sponsors; please visit our web site (above) to view sponsors, a trail map, driving directions, and more.

**Primitive Camping** on site (for a reasonable donation). Join us for a bonfire Friday and Saturday nights. Camping must be pre-arranged with the event coordinator due to limited spots. PLEASE inquire for more info. Some small RV sites avail.

**Men's, Women's, and 4 person Team Categories!**  
**\$30 per participant (April 3, 2010 or before; \$35 after).**  
**T-Shirts guaranteed to early / on-time registrants only.**

Awards given to the top 3 male finishers, top 3 female finishers, and the first team to finish

**Waiver: READ CAREFULLY. OFFICIAL WAIVER:** I know that participating in an off road running race is a potentially hazardous, physically demanding, and strenuous activity I should not enter and participate in unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to acts of and conditions presented by outdoor nature including high temperature and humidity, trips, falls, contact with other participants, encounters with wild or domesticated animals, off-road course condition including paths, ponds, creeks, steep inclines/declines, and obstacles either man made or natural, all such risks being known and acknowledged by me. If I suffer from severe outdoor or insect allergies, I will bring my own medication. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I for myself and anyone entitled to act on my behalf, waive and release Smoky Mountain Endeavors, Inc, and any and all persons, property owners, sponsors and entities, their representatives and successors from all claims or liabilities of any kind arising out of my participation even though said liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I hereby authorize event officials to enact emergency treatment for me should I be unable to act or respond in a coherent manner. I understand I will incur and must pay all medical expenses related to my treatment. I hereby release and grant permission for use of all photographs or any other record of this event for any legitimate purpose. **Granting permission to participate and certifying agreement to the above waiver, a parent or legal guardian must sign if participant is under 18 years of age.**

Entry fees are non-refundable.

**(All participants will acknowledge this waiver during online registration and sign this waiver upon race day sign in)**

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