

CRUSADERS AC
Established 1942

10th Annual Wicklow Way Trail
25 km and 50 km races

Organised by
CRUSADERS ATHLETIC CLUB
(In association with IMRA)

Saturday 8th April 2006

Option 1: 50 km, start Johnny Fox's Pub 10:00 a.m. (strictly)

Option 2: 25 km, start Lough Tay 12:00 p.m. (strictly)

Please note that the race is mostly along the route of the Wicklow Way and will only be marked for very short sections. Competitors are advised to bring a map, compass, an extra protective layer and sufficient food and drink for the race.

All entries submitted by 25 March 2006, will receive a special commemorative mug sponsored by Mc Mahon Galvin.

Pre-entry fee of Euro 15 together with the completed form below should be sent to Mike Long, 15 Castleside Drive, Rathfarnham. Dublin 14. Entry on the day of the race is Euro 20. All proceeds will be donated to STRIDE, Ethiopia.

Name	
Club	
M/F	
Category (M, F, M40, F40 etc.)	
e-mail	
Phone	
25 km or 50 km	

I, the undersigned agree to take part in this race entirely at my own risk. I confirm no liability attaches to the landowners or sponsors or the members of the committee or club for any injury that may be sustained by me as a result of taking part in the race. I also have no medical condition, which would inhibit me taking part.

Signed:

Date: