

# W MOUNTAIN RACE

## 59th Annual

**SATURDAY, OCTOBER 17TH, 2009 10 AM**

Hosted By: Western State Track & Field and Cross Country

**Check in:** 9AM-9:30AM

**RACE START:** 10AM



### **About the W Mountain Race:**

The "W Mountain" race is the oldest running race in Colorado started in 1951 by Western State and U.S. Olympic Ski Coach Sven Wiikas preseason preparation. The "W Mountain" race starts at approximately 7750' feet and meanders along a dirt road up to the top of the mountain at 8,671.

It consists of 2.8 miles of a strenuous uphill climb to the top of "W Mountain." The "W" on Tenderfoot Mountain is the largest collegiate emblem in the world.

### **COURSE RECORDS**

**Jen Michel : 19:37 2002**

**Scott Dahlberg : 16:11 2008**

**Cost:** Pre-registration-\$10 / Race Day Registration-\$15

**Price includes race t-shirt**

**REGISTRATION:** 8:30-9:15AM race day registration onsite or pre-register by e-mailing coach Chris Bradford at [cbradford@western.edu](mailto:cbradford@western.edu) (or contact the track & field office at 970-943-3257)

**Directions:** West on HWY 50 to county road 38.  
Take a left and the signs will guide you.

**Awards:** Award Ceremony at 10:45am at the top of W mountain.

**Award Categories:** 12 and under, 13-18, 19-29, 30-49 and 50+