



Laguna Lake Park  
San Luis Obispo, CA  
Sunday March 7, 2010 9:00am

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_ Gender M\_\_\_\_ F\_\_\_\_ T-shirt Size S\_\_\_\_ M\_\_\_\_ L\_\_\_\_ XL\_\_\_\_

Last Day for mail in registration is February 25<sup>th</sup>. Please enclose check for \$35 payable to ALL OUT EVENTS. Students register for \$30.  
Add \$5 for day of registration

ALL OUT EVENTS  
591 Highland Dr #C  
San Luis Obispo, CA 93405

Website [www.slomountainrun.com](http://www.slomountainrun.com)  
Email [racing@slomountainrun.com](mailto:racing@slomountainrun.com)  
Phone (805) 541-0401

Hello:

Thank you for registering for the 3rd annual San Luis Mountain Run, Sunday March 7<sup>th</sup> 2010 at 9:00am. We are excited to share one of the most beautiful trail runs San Luis Obispo has to offer.

Please remember to bring sturdy trail running shoes, as the trail can be very rocky. If you need to purchase shoes, please consider the Running Warehouse, Santa Barbara Outfitters and Mountain Air Sports as your first outfitting destinations.

Plan on a rugged trail run with lots of single track and constant elevation change. Please visit [www.slomountainrun.com](http://www.slomountainrun.com) for more information an elevation profile and course map.

**FREE Interactive Running Clinic!**  
**Tips from the professionals on Saturday March 6th**

Training plans, nutrition, and injury prevention- areas in which there is constant room for improvement! Take advantage of the opportunity to learn more about all three of these topics the day before the run. We encourage you to join us for this free clinic on March 6<sup>th</sup> from 3 to 4:30pm at Laguna Lake Park that aims to help you become a more well-rounded and holistic athlete! Each talk will end with a chance to ask your specific questions. Our special guest speakers will be announced shortly:

Take advantage of the knowledge that these speakers have to offer on March 6<sup>th</sup> from 3-4:30pm at Laguna Lake Park during race bag pickup, which is from 2 to 5 pm.

This year's race is part of the Trail Runner Magazine's Trophy Series. As the world's largest off-road race schedule the North American points series features over 100 specially selected trail races held between March 1 and September 30, 2008. Age-Group participants grab series points at the San Luis Mountain Run, just by finishing the event, and additional points for top-three placing.

In October of this year, those with the most points in their respective age group will win prize packages courtesy of the Trophy Series sponsors. Series participants are also entered into a free raffle, in which winners will be chosen randomly to win a prize package.

Plus, all SLO Mountain Run participants receive a free copy of Trail Runner Mag's Trophy Series Edition and an event t-shirt in race bags.

Prizes run three deep in every age category, and grand prizes go to top male and female overall.

We'd love to hear from you!

San Luis Mountain Run

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