

Stay in the Shade Org - 4.1.2012 – Bald Mountain Trail Run/Hike

Print out the form and send it with a check for \$20 before February 1st, \$25 before March 30th (form and check must be received by March 30th - Race day registration \$30)

1240 Castlewood, White Lake, MI 48386 (Make all checks out to *Stay in the Shade Org*)

5.6 Mile Run or 2.1 Mile Hike (circle one)

Name: _____

Address: Street _____ City _____

State ____ Zip _____ Phone Number: _____

Email: _____ (pre-race information is sent via email, please print legibly)

Age (as of 04/01/2012): _____

Male or Female (circle one)

Waiver

I know that trail running is a potentially dangerous activity. I should not participate in trail runs unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to any ability to safely complete the run. I assume all risks associated with participating in this trail run, including but not limited to, following course markings, falls, contact with other runners, the effects of the weather, the conditions of the roads and trails, and traffic on the course, all such risks being known to and appreciated by me. Having read this waiver and knowing these facts, and in consideration of acceptance of my application for Stay in the Shade's activities, I, for myself and anyone entitled to and on my behalf, waive and release Stay in the Shade and all sponsors, their representatives and successors, from all claims or liabilities of any kind arise out of negligence or carelessness on the part of the persons named in this waiver. I attest that I am physically fit and sufficiently trained for this trail run. I grant full permission to Stay in the Shade to use photographs, videotapes, and recording of me, or any other record of this event, including written comments or articles by me, for any legitimate purpose. I understand that the entry fees are non-refundable. As part of this waiver, I acknowledge that I have read and understand all of the above.

I agree
Signature _____ Date _____

(All participants must agree to waiver.)