

# Northwest Trail Runs

## Pre-Registration Form

Info: [www.nwtrailruns.com](http://www.nwtrailruns.com), 206-291-8250

Please print, fill out and mail this form by one-week prior to event day, along with a check for the appropriate amount made out to "**Meridian Geographics**", to:

NWTR  
c/o Meridian Geographics  
6310 NE 74th St, Suite 204E  
Seattle, WA 98115

Your name \_\_\_\_\_ Your sex: M / F (please circle)

Your age on the day of the run, so that we can list it in the results for those who like to compare age-group times (optional) \_\_\_\_\_

Contact e-mail \_\_\_\_\_ Phone \_\_\_\_\_

Emergency contact name and phone # \_\_\_\_\_

Please choose the events and distances you wish to register for, and add up the corresponding entry fees:

Date	Venue and Distances	Pre entry	Day-of-event	Fee
Mar. 1	Des Moines Creek Park: 10k, 3-hour, 6-hour	10k: \$17, 3/6h: \$25, 35	\$25, \$35, \$45	
Mar. 30	Soaring Eagle Park: 5-mile, 10-mile	5m: \$17, 10m: \$22	\$25, \$30	
Apr. 26	Squak Mtn. State Park: 10k, Half Marathon	10k: \$17, ½: \$25	\$25, \$35	
May 29	Soaring Eagle Park: 5-mile, 10-mile	5m: \$17, 10m: \$22	\$25, \$30	
Aug. 24	Redmond Watershed Preserve: 5-mile, 10-mile, Marathon (26.2 miles)	5m: \$17, 10m: \$22, Marathon: \$35	\$25, \$30, \$45	
Oct. 26	Soaring Eagle Park: 5-mile, 10-mile	5m: \$17, 10m: \$22	\$25, \$30	
Nov. 9	Carkeek Park: 5k, 10k	5k: \$15, 10k: \$19	\$20, \$25	

Total fees enclosed: \_\_\_\_\_

### Waiver

I know that trail running is potentially dangerous. The dangers include but are not limited to falling; colliding with other persons, vehicles, or animals; known or unknown medical conditions; effects of the weather; and conditions of the trails and roads. I alone am responsible for my safety while I participate. I should not participate in trail runs unless I am medically able and properly trained. I have read and understood this waiver, and in consideration of acceptance of my application for this Northwest Trail Runs (NWTR) event, I, for myself and anyone entitled to act on my behalf, waive and release the organizers, sponsors, land owners and land managers, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this run, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to NWTR to use photographs or audio/video recordings of me for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or guardian must sign for participants under 18