

Northwest Trail Runs

Registration Form - Relay Team

Info: 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

Venue, date of run Des Moines Creek Park, 3/15/2009 time: 3-hr / 6-hr (please circle)

Team name _____

Contact person (name, e-mail, phone) _____

Team members: **name** **sex** **age** **emergency contact & phone**

1. _____

2. _____

3. _____

4. _____

5. _____

Please circle or write your team category/size and note the corresponding entry fee:

3-hour: 2 = \$40 3 = \$50 4 = \$60 +\$10/extra member **6-hour:** 2 = \$50 3 = \$65 4 = \$80 +\$15/extra member

Age 18/under runners get \$5 discount

Size _____ **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 without compensating or further notifying me.

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

Parent or guardian must sign for participants under 18