

5th Annual Runners' Rally 5k Trail Race

September 18, 2010

Pine Hill Park, Rutland

Registration Begins 8:30 a.m. / Race Time: **10:00 a.m.**

Race Registration Form

T-shirts guaranteed to first 20 registrants overall. Mail in registrations need to be postmarked by **August 30.** Pre-registration payment to be sent to: **Marble Valley Runners, P.O. Box 1291, Rutland, VT 05701**

Entry Fees: Pre-Registration is \$15 - same day registration is \$20.

Categories: male and female age groups are as follows: Under 13; 13-20; 21-40; 41-59; 60 and up

Facilities: Bathrooms/changing rooms are available at Pine Hill Park

Directions: For complete directions go to www.marblevalleyrunners.org

-----TEAR HERE ----- TEAR HERE-----TEAR HERE-----TEAR HERE-----TEAR HERE

PLEASE PRINT CLEARLY – ONE ENTRY FORM PER PERSON*

(*if the runner is under 18 a parent or guardian must co-sign. The insurance company rules, not ours)

Name: _____ Age: _____ Gender: _____

Address: _____ City: _____

State: _____ Zip Code: _____

Amount Enclosed: \$ _____

In consideration of you accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damage I may have against the Marble Valley Runners Running Club, and any sponsors, coordinating groups, and individuals associated with this event, their representatives, successors, and assignees, and will hold harmless for any and all injuries suffered in connection with this event, including those which may be attributed to the weather conditions. I attest that I am physically fit to compete in the race I entered, and have been sufficiently trained for the event, including hydration. Further, I hereby grant full permission to any and all of the foregoing to use my photographs, videotape, digital recording, or any other record of this event.

Signature: _____ Date: _____

Parent Signature: _____ Date: _____
(if under 18)

Note: Unsigned Race Registration Applications will be considered incomplete and cannot be accepted (the insurance company says so).