

PORT ONEIDA RUN/WALK

Saturday, September 4, 2010

5K Barn to Barn Trail Run/Walk

REGISTRATION FORM

NAME _____ EMAIL _____

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____

MALE _____ FEMALE _____ AGE _____ AGE GROUP: 19 & under _____ 20—29 _____ 30—39 _____ 40 + _____

Emergency Contact : _____ Phone: _____ Cell _____

_____ Enclosed is \$20 pre-registration made payable to:
PHSB Mail to: PHSB Run, P.O. Box 453, Empire, MI 49630
(must receive check by September 1st . \$30 day of race)

_____ I certify that I am 18 years old or younger and will be running/walking for free!

WAIVER/RELEASE

I properly assume all risks associated with running in this event including, but not limited to falls, contact with other participants, the effects of the weather, including traffic and the condition of the roads and trails, all such risks being known and appreciated by me. In consideration of my participation in this event, I, for myself, my heirs, executors and administrators, waive all rights and claims for damages I may have against Preserve Historic Sleeping Bear, Sleeping Bear Dunes National Lakeshore, Port Oneida Run, Leelanau County Road Commission, private land owners, assistants and sponsors of the event, the township, their agents, representatives, successors and assignees for any and all injuries suffered by me at the Port Oneida Run event, pre-and post-event activities, or which may arise out of my traveling to, participating in and returning from this event. I further state that I am in a proper physical condition to compete/participate in this event. I hereby grant full permission to any and all of the foregoing to use any photographs, video, recordings, or any other record of this event for any legitimate purpose including promotion.

Participant Signature _____ Date _____

Parent/Guardian Signature _____ Date _____
(required if participant is less than 18 years old)