

# Rainier to Ruston Rail-Trail Relay and Ultra

# Individual Entry Form

National Trails Day, June 5, 2010

Mail this signed form to your team captain with your check payable to the Foothills Trail Coalition.

Team or Ultra Name: _____	Team or Ultra Captain: _____
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Your Name (print) \_\_\_\_\_

Age on day of race \_\_\_\_\_

Street address \_\_\_\_\_

Phone \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_

Predicted average pace min:sec per mile	T-shirt size	Registration fee \$20 challenged athletes, \$25 walkers, \$35 runners, \$50 ultras	Donation * to the Foothills Trail Coalition	Total \$	By my signature I have read and agreed to the release statement below.  <ul style="list-style-type: none"> <li>Parents must sign for minors.</li> <li>Ultra pacers and challenged athlete assistants must sign the release, but do not need to pay a registration fee.</li> </ul>
		\$	\$	\$	signature _____ date _____
If challenged athlete, what is your classification?					

\* Your tax deductible donation of \$10 or more gives you a one-year membership in the Foothills Trail Coalition, including a subscription to our quarterly newsletter. The team making the most generous donation wins the coveted green RR spike! Thank you for helping us make this trail a reality!

### Release Statement:

By signing this form I agree that the Foothills Rails-to-Trails Coalition and any other person or entity associated with the Rainier-to-Ruston Rail-Trail Relay and Ultra shall have no express or implied duty to provide traffic control, first aid, water, or any other service or equipment to me during the event, and that I willingly accept all risks, known or unknown, which may arise out of or be related to my participation in this event. Furthermore, I do hereby release and discharge the State of Washington, the Washington State Transportation Commission, the Washington State Department of Transportation, the Washington State Patrol, and their officers, agents, and employees from all claims, demands, and cause of action of every kind whatsoever for any damages and/or injuries which may result from my participation in the Rainier to Ruston Rail-Trail Relay and Ultra, involving state highways. I also grant the Coalition free use of any photos taken of me during this event.

