

Mountain Top Trot 10M & 5K Trail Run



REGISTRATION FORM & WAIVER

Please complete the following Registration information and waiver form in entirety.
Forms and payment should be mailed to:

ATTN: Jess Coker

The Mountain Lake Conservancy
115 Hotel Circle
Pembroke, VA 24136

Pre-registration entry fee is \$25.00 per participant
Pre-registration ends September 28, 2011

1. Name: _____
2. Address: _____
3. Phone: _____
4. Age on race day: _____
5. Circle: Male OR Female
6. Circle: T-shirt Size - S M L XL XXL Youth OR Adult
7. Circle: Participating in - 5K OR 10Mile

WAIVER MUST BE SIGNED FOR EACH PARTICIPANT TO RACE

I, the undersigned, recognize that competitive running and trail racing - whether I run or walk or choose to compete or not to compete with other participants - is an inherently dangerous activity that carries a significant risk of personal injury or death to myself and to other participants. I further recognize that the inherent risks associated with this race are attributable to various factors including, but not limited to, man-made and natural obstacles and hazards, surface and environmental conditions and risks, my conduct, and/or the conduct of other participants. I hereby personally assume all risks of any nature for any injury, death, or other damages, to myself, my property, or the property of others which may in any way, whether foreseeable or not, arise out of my participating in the race and/or from the actions or omissions of all persons involved either directly or indirectly in this race. I desire to enter and participate in this race, and I will enter and participate in the race of my own free will and not due to any inducement or duress whatsoever. I hereby state and represent that I am in good physical and mental health and am able to withstand the physical and mental stresses inherent in the activities contemplated by this waiver. I further state and affirm that I am unaware of any health-related problem that may affect my ability to participate, if I so chose, in the activities contemplated by this waiver. In consideration of receiving permission to participate in the race and having this entry accepted, I, for myself, heirs, and assigns, hereby waive and release any and all rights, claims, and causes of action that I may have against the Mountain Lake Conservancy & Hotel, Mary Moody Northen Endowment, Gal-Tex Hotel Corporation and any of their respective officers, directors, employees, agents, and volunteers, for injury or damage to my person or property arising out of or relating to my participation in this event. I further agree to indemnify, defend, and hold the Mountain Lake Conservancy & Hotel, Mary Moody Northen Endowment, and Gal-Tex Hotel Corporation harmless from any and all liabilities, claims, or causes of action arising out of or related to my conduct during the event. I agree never to institute any lawsuit or action at law or otherwise against the Mountain Lake Conservancy & Hotel, Mary Moody Northen Endowment, and/or Gal-Tex Hotel Corporation, nor to initiate or assist in the prosecution of any claim or cause of action for damages or injury, that I, my heirs, assigns, representatives, successors or administrators may have either now or at any time in the future by reason of any loss or injury (including death) to my person or property arising from the activities contemplated by or in this waiver. In signing this waiver, I hereby acknowledge and represent that I have read and understood this release and agree to it voluntarily and further understand that I am specifically waiving certain rights by this release to which I may have otherwise been entitled.

Signature _____ Date _____

Signature of parent (if under 18) _____ Date _____

Thank You! Please contact Jess Coker with any questions
at 540-626-7121 ext. 444 or jcoker@mountainlakehotel.com