

Indian Lake Trail Run

MAIL-IN REGISTRATION

1. Name _____

2. Street address _____

3. City, State, Zip _____

4. Telephone no. _____

5. E-mail _____

6. Age on race day _____

7. Birthdate _____

8. Gender (circle one) M F

9. Race (circle one) 7k 12k

10. Registration fee \$25 if postmarked by Sept. 4, 2016
 \$30 if postmarked Sept. 5, 2016 – Sept. 23, 2016

★ No registration necessary for kids' fun run

★ Mail-in registration closes Sept. 23, 2016

★ Online registration closes Sept. 25, 2016

★ **No race day registration**

12. Make checks payable to **Friends of Indian Lake**

13. Mail your check, registration form, and liability waiver to **Friends of Indian Lake, P.O. Box 291, Madison, WI 53701-0291**. Registration will not be accepted without inclusion of the liability waiver.

14. No refunds. The race will be held rain or shine. If the event must be canceled because of hazardous weather, there will be no refunds.

★ Race information and online registration at www.friendsofindianlake.org

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WAIVER OF LIABILITY

I understand that my participation in the Indian Lake Trail Run (the "Event") is voluntary and that trail running takes place on unpaved trails in open fields, prairies, or woodlands characterized by dirt, mud, rocks, stumps, sticks, leaves, uneven terrain, hills, minor man-made improvements, and other obstacles. I further understand that trail running presents certain risks, including, but not limited to, falling, slipping, tripping, and colliding with trees, branches and other race participants, and that these risks, and/or the physical exertion required to complete a trail race, could result in serious injury, broken bones, strains, sprains, bruises, concussions, heart attack, heat exhaustion, or in some cases, even death.

With this understanding, I assume all risks associated with participating in this Event and I agree, on behalf of myself, my spouse, and my heirs and assigns, to hereby release and hold harmless the Friends of Indian Lake, and its directors, organizers and employees, Dane County Parks, and all volunteers, coordinators, sponsors, beneficiaries, representatives, and any other affiliates of this Event (collectively, the "Released Parties") from negligence and the damages or losses, including legal claims, causes of action or liabilities related to any injury, medical costs, monetary losses, or property losses, arising out of or related to my participation in the Event.

I agree that my participation in this Event is strictly voluntary and that if I did not sign this waiver the cost to participate in this Event would be considerably higher. As I do not wish to pay a considerably higher cost, I am choosing to participate in the Event and waive the right to bargain for different waiver of liability terms.

By signing below, I represent that I have read and understand the terms of this document and its legal nature and effect.

Print name here

Sign name here

Date here

Parent's signature if participant is under 18