

Northwest Trail Runs

2010 Registration Form – 4 or more!

Info: www.nwtrailruns.com, 206-291-8250

Please print, fill out and mail this form by August 23, 2010, along with a check for the appropriate amount made out to "**Meridian Geographics**", to:

NWTR
c/o Meridian Geographics
6310 NE 74th St, Suite 204E
Seattle, WA 98115

Your name _____

Your sex: M / F (please circle)

Your age on the day of the run, so that we can list it in the results for those who like to compare age-group times (optional) _____

Contact e-mail _____ Phone _____

do not e-mail me about upcoming runs

Emergency contact name and phone # _____

Please choose the 4 or more events and distances you wish to register for, add up the corresponding entry fees, and subtract 15% from Total Race fees:

Date	Venue and Distances	Regular entry	Day-of-event	Fee
Mar. 28	Redmond Watershed Preserve: 5-mile, 10-mile, Marathon (26.2 miles)	5m: \$29, 10m: \$34, Marathon: \$43	\$40, \$45, \$55	
May 1	Soaring Eagle Park: 5-mile, 10-mile	5m: \$26, 10m: \$32	\$35, \$40	
May 30	Lord Hill Regional Park: 10k, Half Marathon (13.1 miles)	10k: \$27 ½ Marathon: \$39	10k: \$40 ½ Mar: \$50	
July 17	Soaring Eagle Park: 5-mile, 10-mile	5m: \$26, 10m: \$32	\$35, \$40	
Aug. 28	Redmond Watershed Preserve: 5-mile, 10-mile, Marathon (26.2 miles)	5m: \$29, 10m: \$34, Marathon: \$43	\$40, \$45, \$55	
Sept. 12	Soaring Eagle Park: 5-mile, 10-mile	5m: \$26, 10m: \$32	\$35, \$40	
Oct. 17	Great Northwest 50k	\$52	\$65	
Nov. 13	Carkeek Park: 5k, 10k	5k: \$22 10k: \$27	\$30, \$35	



If you register for four or more races by March 14, 2010 you also receive a NWTR shirt!

Circle size: **S M L XL XXL**

Circle style: **unisex women's** (women's run small)

Total Race fees: _____

15% off for 4+ races: _____

Total fees enclosed: _____

Liability Waiver & Photo Release

I know that trail running is potentially dangerous. The dangers include but are not limited to falling; colliding with other persons, vehicles, or animals; known or unknown medical conditions; effects of the weather; and conditions of the trails and roads. I alone am responsible for my safety while I participate. I should not participate in trail runs unless I am medically able and properly trained. I have read and understood this waiver, and in consideration of acceptance of my application for this Northwest Trail Runs (NWTR) event, I, for myself and anyone entitled to act on my behalf, waive and release the organizers, sponsors, land owners and land managers, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this run, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to NWTR to use photographs or audio/video recordings of me for any legitimate purpose without compensating or further notifying me.

Signature: _____ Date: _____

Parent or guardian must sign for participants under 18