

# Northwest Trail Runs Cougar Mountain Trail Series

Info: [www.nwtrailruns.com](http://www.nwtrailruns.com), 206-291-8250

## 2012 Registration Form

Meridian Geographics  
7400 Sand Point Way,  
Ste 201N,  
Seattle, WA 98115

Please print, fill out and mail this form by **May 5, 2012**, along with a check for the appropriate amount made out to "MerGeo", to the address at right:

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. (We do not share your personal information with other organizations.)

Emergency contact name and phone # \_\_\_\_\_

Date	Venue and Distances	Pre-entry fee	Fee
May 12	SCOTT Cougar Mountain 5 Mile	\$35 preregistered, \$45 at race	
June 16	SCOTT Cougar Mountain 8 Mile	\$35 preregistered, \$45 at race	
July 7	SCOTT Cougar Mountain 10 Mile	\$35 preregistered, \$45 at race	
Aug 11	SCOTT Cougar Mountain 13.1 Mile	\$40 preregistered, \$50 at race	
Oct 28	SCOTT Cougar Mountain 50K	\$62 preregistered, \$75 at race	
	Series Package – Races 1-4	\$125 total	

NWTR 2012 Trail Series Technical Tee Shirt - \$22

Circle size:

**S M L XL XXL**

Circle style:

**unisex women's**

(women's run small)

**Total Race fees:** \_\_\_\_\_

Tech Tee (\$22 each) \_\_\_\_\_

**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 Meridian Geographics, LLC, 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 Meridian Geographics, LLC 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