

Race Waiver

I know that running a trail race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. By signing this waiver, I am affirmatively asserting that I am in face medically able and properly trained for this event. I hereby assume all the risks associated with running this event, including, but not limited to, contact with other participants, falls, changes in the terrain caused by weather, the presence of rocks, roots, loose gravel, mud, water and other natural objects that may move, become loose, cause slippage or may otherwise fail to provide firm footing. I understand that there are many unforeseen conditions inherent in a trail race course and that the race director and/or sponsors can not fully anticipate the presence of all objects that can cause harm. I have fully read and understand this waiver. I recognize all the above risks and in consideration for my participation in this event, hereby waive and release M. Medved Co., Inc. (d.b.a. Medved Running and Walking Outfitters), Monroe County, and any and all sponsors, their agencies, their representatives and successors from all claims and liabilities of any kind arising out of my participating in this event. I further give my permission for the free use of my name, voice, recording or photo in any printed account, broadcast, telecast, webcast or commercial advertising of this event.

Signature of Participant (Parent/Guardian if participant is under the age of 18)

Participant 1

Participant 2 (If the entire team is using this entry form)

Participant 3 (If the entire team is using this entry form)



Our Event is Sanctioned by USATF

Free Course Preview

Please join us on a free course preview of the second and third legs of the course:

- Thursday April 15, 2010 we will lead a guided run of Leg 2 of the course
- Thursday April 22, 2010 we will lead a guided run of Leg 3 of the course.

Meeting place for both runs is the Hopkins Point Lodge in Mendon Ponds Park. Both runs will start at 6 pm.



Presented by:



Sunday May 2, 2010 at 8:00 am

**Hopkins Point Lodge in
Mendon Ponds Park**

This event is either:

- 15 Mile Solo Trail Race or
- 3 Person Relay
- Kids Trail Race (13 & Under)



Date, Time and Location

- Sunday May 2, 2010 at 8 am;
- Hopkins Point Lodge at Mendon Ponds Park

Trail Race Options

Your Choice:

- 15 Mile (approximately) solo race or
- Form a three person relay with each team member running a different course.

Race Info

- Post race feast including BBQ chicken; three sides and a beverage
- Performance shirt (men's and women's sizes are available) from **The North Face** for the first 150 runners
- Professionally timed by PCR Timing
- Scenic and awesome course
- Four aid stations (two at the exchange point and two on the course; leg 2 and 3).

Pre Registration

- **Relay:** \$25 per person (pre registered); \$30 race day
- **Solo:** \$30 (pre registered); \$35 race day
- Pre Register in person at Medved, on line, or by mail.

Kid's Trail Race

- For kids 13 and under;
- Approximately 1/2 mile in distance.
- There is no charge for the kids race (registration does NOT include a lunch or shirt). The kids trail race will be hand timed.

Packet Pick Up

- **Saturday May 1, 2010** from 10 am through 5 pm **at Medved Running and Walking Outfitters** (3400 Monroe Ave.)
- **Race Day:** Registration and packet pick up will start at 6:30 am in the Hopkins Point Lodge at Mendon Ponds Park.

Awards

- Open Male/Female Winner: Trail Running Shoes from **The North Face** and other merchandise awards
- Master Male/Female Winner: Trail Running Shoes from **The North Face**
- Solo Challenge Award: \$50 Medved Gift Certificate if overall male/female winning time is faster than the top male (female) relay team.
- Age Group Awards: 19 under; 20-29; 30-39; 40-49; 50-59; over 60
- Awards given to top Male, Female and Co Ed teams (average age of team is under 40)
- Awards given to top Male, Female and Co Ed teams (average age of team is 40 or above).

Schedule of Events

- Race Day Registration: 6:30 am
- Race starts: 8:00 am
- Kids Race starts: 10:30 am
- Post Race Feast: 11:00 am
- Awards: 11:15 am

Extra Meals

You can purchase an extra meal for \$12.00 per meal. Pre register to guarantee your extra meals.

For More Info

(585) 248-3420 or www.medvedrunwalk.com

Entry Form (Please sign the waiver on the back)

Last Name: _____

First Name: _____

Address: _____

City: _____ State: _____

Phone: _____

Age on race day: _____ Gender: M/F

Shirt Size: (M or F) S M L XL (men only)

of extra meals: _____

Circle Event: Solo Relay Kids

Partner 1 (Name/Age/Gender)

Partner 2 (Name/Age/Gender)

Team Name: _____

Amount Enclosed: _____

Please send checks to:

Medved
3400 Monroe Avenue
Rochester, NY 14618

Attention: Madness Trail Race