

Rainshadow Running Presents...
SUN MOUNTAIN 50K
25K • 10K • CHICKADEE 1K

APRIL 11, 2009

WINTHROP, WA

\$40 _____ 50K

\$30 _____ 25K

\$20 _____ 10K

FREE _____ Chickadee 1K (kids only)

\$25 _____ T-Shirt* Patagonia Capilene Long Sleeve ***Entry must be received by 3/15/09 to get shirt**

\$10 _____ LATE FEE (AFTER 3/31)

_____ **Additional donation to The Partnership for a Sustainable Methow**

(\$5 from each paid entry will be donated by Rainshadow Running)

_____ TOTAL ENCLOSED

Name: _____ Age: _____ Gender: _____

Address: _____

Home phone: _____ Cell phone: _____

Email: _____

Emergency contact & phone: _____

Shirt Size (gender specific sizing): XS S M L XL

Please make checks payable to James Varner and mail to: 569 W. Chewuch Rd, Winthrop, WA 98862

READ THIS WAIVER!!!!

In consideration of acceptance of my entry in this race: I hereby agree to comply with the rules, conditions, and regulations of the event and instructions of the race director. I am aware that an ultramarathon/ trail run can be difficult and hazardous for even well conditioned athletes under the most favorable conditions. I hereby attest and certify that I am physically fit and sufficiently trained for this race and that my condition has been tested by running long distances. I hereby for myself, my heirs, executors and administrators, waive, release and discharge the race, its directors, its volunteers, sponsors, Rainshadow Running, M.V.S.T.A., Sun Mountain Lodge, The Partnership for a Sustainable Methow, U.S.A.T.F., D.N.R., B.L. M. and the U.S.F.S from any and all claims and/or liability for any damage, for any and all injuries to me or my property, or for liability for damage caused by me or anyone else arising from my participation in this event and related activities. I will assume and pay for my medical and emergency expenses in the event of an accident, illness or other incapacity, regardless of whether I have authorized such expenses.

Please make a copy of this completed form for your records.

Signature: _____ Date: _____

Legal Guardian: _____ Date: _____

www.rainshadow-running.blogspot.com

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