

Ridge Runner Races Registration Form

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____
Email _____
Sex _____ M _____ F _____
Birthdate _____

Race in which you would like to enter: (Circle One)
10 Mile **26.2 Mile Marathon**

T-shirt size: (Circle One) **M** **L** **XL**
Entry Fees: \$30.00 for either race by May 5, 2006
 \$35.00 for either race after May 5, 2006

Total Amount Enclosed: \$ _____

Race Waiver

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat or humidity, traffic and the condition of the road, and such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone acting on my behalf, waive and release West Virginia State Parks and Recreation, North Bend State Park and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____

Date _____

Parents Signature if under 18 _____ Date _____

Emergency Contact: Name _____

Phone _____

Send Applications to: **North Bend State Park, Attn: Jennifer Cogar**
Rt. 1 Box 221
Cairo, WV 26337

