

Race Registration Form

The Highest Race in West Virginia!

The Mountain Institute's Run For the Hills! 5K & Half Marathon

Name:	
Age:	Gender: M F
Address:	
City:	State:
ZipCode:	
Phone:	
Email:	
T-Shirt Size (Please Circle one): S M L XL	

Early Registration Through Thursday, October 8, 2009.

Race Day (Late) Registration:

Please choose one race.

_____ \$25 5k**

_____ \$30 5K**

_____ \$30 Half-Marathon**

_____ \$25 Half Marathon**

****Included in your race fee is a pasta dinner at the Mountain Institute on Friday evening and also food all day Saturday. If you would like to purchase extra food tickets for family members or friends please check the following.**

Friday Food Ticket: _____ x\$5.00

Saturday Food Ticket _____ x\$15.00

Sunday Brunch: _____ x\$7.00

3 Day Food Ticket: _____ x\$25

Total _____

*For Accommodation & Reservations please call 304-567-2632

Waiver and Release:

I know that running a road race is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained to compete. I assume all risks associated with running in this race, including, but not limited to falls, contact with other participants, runners, bikers, animals, the effects of weather, including heat or cold and precipitation, traffic, and the conditions of the trails and roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act, waive, release, and will hold harmless the race organizer, the Mountain Institute and it's staff, the National Forest Service, all other sponsors and property owners and all agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out or related to my participation in this race. I understand that baby joggers or strollers, roller skates and dogs are not allowed in this race/run.

If participant is under 18 years of age a parent or guardian signature is required.

Signature: _____

Date: _____

Please make checks payable to "The Mountain Institute Spruce Knob Mountain Center"

Please send Fees & Registration Form(s) to:

The Mountain Institute, Run for the Hills Race, HC 75 Box 24 , Circleville, WV 26804