Footloose Freedom Mile * *Race Entry Form

Mammoth Lakes, California * July 4th, 2009 * 10:10am

Proceeds go to High Sierra Striders, Mammoth Track Project and Disabled Sports of the Eastern Sierra

Start: Corner of Minaret and Old Mammoth Rd. * Finish: Corner of Main St. & Old Mammoth Rd.

(Limited to 250 Entries)

$150 Course Record Bonus* (Men:4:26.1 Antonio Arce 2006, Women:5:24.5 Nancy Fiddler 2007)
$100 First Place for both Men and Women $50 First Place Master (Over 40 years of age) for both Men/Women**

****Please see race rules and eligibility for prize money on our website**

Name |__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|

Sex Male |__ Female|__ Age (on Race Day) |__|__ **Birthdate** |__|__ - | __|__ - |__|__

Address |__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|

City |__|__|__|__|__|__|__|__|__|__|__|__|__| **State** |__|__| **Zip** |__|__|__|__|__|

Phone |__|__|__- |__|__|__- |__|__|__|__|

Email |__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|

Select From the Following:

☐ Entry Fee and **2009 Footloose Freedom Mile** w/ **ASICS** T-shirt ……..…..…$20.00

☐ Entry Fee and no T-shirt:……..….$15.00

☐ Donation to Race or High Sierra Striders …….....$_____

T-shirt Size: ☐ Adult Small ☐ Adult Medium ☐ Adult Large ☐ Adult X-Large

TOTAL ENCLOSED: $_____
(Make checks payable to "High Sierra Striders")

Mail To: High Sierra Striders, Att: Footloose Freedom Mile, P.O. Box 3778
Mammoth Lakes, CA 93546 ▪ www.highsierrastriders.org
Email questions to Andrew Kastor: Andrew@highsierrastriders.org

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A confirmation email will be sent to you when your entry form and check are received. PLEASE SIGN WAIVER: In consideration of this entry acceptance, I hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages I may have against, and covenant not to sue, the Town of Mammoth Lakes, County of Mono, State of California, High Sierra Striders, all sponsors, all volunteers, and/or any other individual or company associated with the above for any and all injuries or damages I/my child may suffer as a result of I/my child competing in, observing or participating any way in the Footloose Freedom Mile, including travel to the event. I/my child herby agree to indemnify and save and hold harmless the Releasees and each of them from any loss, liability, damage or cost they may incur arising out of or related to the event whether caused by negligence of the Releasees or otherwise. I herby assume full responsibility for any risk of bodily injury, death, or property damage arising out of or relating to the event whether caused by the negligence of the Releasees or otherwise. I herby agree that this Release and Waiver of liability, Assumption of Risk, and Indemnity Agreement extends to all acts of negligence by the Releasees, including negligent rescue operations, and this is intended to be as broad and inclusive as is permitted by the laws of the State of California and that if any portion of thereof is held invalid, it is agreed that the balance shall notwithstanding continue in full force and effect. . I certify that all the information provided in this form is true and complete. I have read the entry information provided for the event and this release and waiver of liability and certify my/my child's compliance by my signature below. IF THE ATHLETE IS UNDER AGE 18: This is to certify that my son/daughter has my permission to compete in the Freedom Mile, is in good physical condition, and that race officials have my permission to authorize emergency treatment if necessary.

Signed_____ Date_____

(If under 18, parent or legal guardian must sign)

HIGH SIERRA STRIDERS www.highsierrastriders.org
MANAGEMENT ASSOCIATES Doug Napp, CPA
LAW OFFICES of Frederick G. Wood Rick Wood 760.934.5821
R|O Anderson
State Farm Linda Wright Mammoth