



## **2014 Couch Potato Registration**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Birthday (w/year): \_\_\_\_\_

Team/Sponsor: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Number: \_\_\_\_\_

## **2014 Couch Potato Liability Waiver**

As a participant of The Couch Potato on November 1, 2014, I agree to all rules and will comply with them. I am aware that this type of endurance race may be extremely difficult and hazardous even for well-conditioned athletes under the most favorable conditions. Furthermore I understand that I should not compete in this bike ride unless I am in excellent physical condition, have trained adequately and have no medical condition that might be worsened by physical activity. Knowing these facts and in consideration of the acceptance of my Application to participate in The Off Road Assault on Mt. Mitchell, I hereby for myself, my heirs, executors and administrators waive, release and discharge Todd Branham, Blue Ridge Adventures, officials, volunteers, sponsors, and all persons connected with this event, from claims of liability for any injuries to me (including, but not limited to death). The release extends to all claims unforeseen, known or unknown. The release extends to Land of Sky Media, including aerial or suspended equipment, to be held free from claims of liability for any injuries to me (including, but not limited to death). Further, I grant permission to Blue Ridge Adventures, and any media coverage of this year's race, and the authorized agents, contractors and representatives of each, to use my name and likeness in any photographs, video tapes, motion pictures, recordings, or any other recording of my participation in this event for any purpose.

\_\_\_\_\_  
Applicant's Signature

\_\_\_\_\_  
Date

## **Category (circle):**

Open Men	Open Women
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## **T-shirt Size (circle):**

Men's	S	M	L	XL	XXL	XXXL
Women's	S	M	L	XL	XXL	

## **Would you like to purchase an additional T-Shirt for \$20?**

Men's	S	M	L	XL	XXL	XXXL
Women's	S	M	L	XL	XXL	

## **Post-Race Meal:**

Meat OR Vegetarian

## **Purchase Companion Meal (\$10):**

Meat OR Vegetarian

**Do you have any dietary restrictions?** (Gluten free, no red meat, allergies, etc.)

## **How did you hear about the Couch Potato?**

## **Have you done a BRA race before?**

Please make checks payable to:  
Blue Ridge Adventures  
PO Box 1701  
Pisgah Forest, NC 28768

## **Cost:**

**\$80 until 10/3**  
**\$95 until 10/17**  
**\$110 until 10/31**