



Present

Hawk 50-Mile & Marathon Trail Runs

Saturday, May 22, 2010

Clinton Lake North Shore Trails

Entry Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Phone: _____ Shirt size (Circle one) S M L XL

Date of Birth (mm/dd/yy) ____/____/____ Age on 05/22/10 ____ Sex (Circle): M F

Which race?

____ 50-Mile (\$65 until May 1, \$75 until May 15, \$85 after May 15) \$ _____

____ 26.2-Mile (\$35 until May 1, \$45 until May 15, \$55 after May 15) \$ _____

Dues-paying Trail Hawks subtract \$10 from 50-mile entry, \$5 from Marathon entry.

Name, Address & Phone of Person to Contact in case of an emergency:

Name	Address	Phone #	Relationship
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The fine print: I know that running an ultramarathon or marathon trail race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the Lawrence Trail Hawks, The Kansas Department of Parks and Wildlife, The Road Runners Club of America, all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent's Signature If under 18)

Date

**Make checks payable to "Lawrence Trail Hawks" and send with completed entry form to:
Lawrence Trail Hawks, Hawk 50-Mile & Marathon, 833 Indiana Street, Lawrence, KS 66046**