5th Annual Footloose Freedom Mile Race Entry Form

Mammoth Lakes, California July 4, 2010 at 10:10am

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

Start: Corner of Minaret and Old Mammoth Rd. * Finish: Footloose Sports

(Limited to 500 Entries)

$150 Course Record Bonus (Men: 4:21.3 Josh Cox 2009, 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 2010 Footloose Freedom Mile w/ ASICS T-shirt (Before or on 7/3/10)…..……$20.00**
- ☐ **Entry Fee and 2010 Footloose Freedom Mile w/ASCIS T-shirt (Race Day registration)…...….$30.00**
- ☐ **Donation to the Mammoth Track Project…….....$_____**

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
Attention: Footloose Freedom Mile, P.O. Box 3778
Mammoth Lakes, CA 93546 ▪

For more information and race rules go to: www.highsierrastriders.org

Email questions to Andrew Kastor: Andrew@highsierrastriders.org

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Your name will be added to our website to confirm your registration status when your completed 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 5th Annual 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.

Signature _____ 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
State Farm Linda Wright Mammoth
ESTC Elite Sports and Therapy Consulting, Inc.