



Registration: Prowl the Sproul 10k July 18th 2009 10am

Name		Age
Street		City
State		Zip
Phone	Email	
T-Shirt (<u>Unisex</u> Size) S[] M[] L[] XL[]		Male [] Female []
Must be Postmarked Before July 1st \$25 [] After July 1 st ---No T-shirt Guarantee		

Liability Waiver

In consideration of your acceptance of my application for participation in the Prowl the Sproul 10K, I, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property I may have, or which may accrue to me as a result of my participation. I discharge and release the Western Clinton Sportsmen's Association, Commonwealth of Pennsylvania, the PA Trail Dogs, and its respective agents, committee(s), and any other involved employees, volunteers and representatives from all liability arising out of or connected in any way with my participation in the Prowl the Sproul 10K. Whether or not caused by the negligence of any of the above parties.

I acknowledge that there are inherent risks and dangers that may arise at any time during the Prowl the Sproul 10K. My participation is voluntary and is done at my own risk. I voluntarily assume all risks of loss, damage or injury that may be sustained while participating in the Prowl the Sproul 10K. I attest that I am physically fit and sufficiently trained for the completion of this event. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties is not an admission of liability to provide or to continue to provide any such service and is not a waiver of any of said parties of any right hereunder. I understand that the serious accidents occasionally occur during hike/run events and that participants in the Prowl the Sproul 10K may sustain mortal or serious injury as a consequence thereof. Nevertheless, I agree to assume those risks and to release and indemnify and hold harmless all the persons mentioned above who might otherwise be liable to me (or my heirs of assigns) for damages, of whatsoever kind or nature.

I attest that the equipment and clothing I will use in this activity is in good condition, and that I have the experience and ability to complete the activity safely, I understand that proper equipment in good condition can prevent serious injury. I agree to abide by the rules of this event as established by the Prowl the Sproul 10K Committee and to obey the directions of the event officials. I hereby grant full permission to the event organizers, committee(s), volunteers, and any other involved parties of the foregoing to use photographs, videotapes, motion pictures, or any other record of this event, including my name, likeness and/or voice for any legitimate purpose. I have read, understood and agree to the Liability Waiver on this form. (All unsigned entries will be Returned.)

Signature	Date
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Parent or guardian signature if under age of 18 on 7-18-09

Make checks payable to:

PA Trail Dogs

Mail completed form to:

Haven Shoes

115 E. Main St

Lock Haven PA, 17745

