



XTERRA
TRAIL RUN
NATIONAL CHAMPIONSHIP

Distance: 5km run/walk, 10km, and 21km XDURO
Entry Fee: \$25 for 5km / \$30 for 10km / \$40 for 21km
Military Fee: \$22 for 5km / \$27 for 10km / \$35 for 21km
Student Fee: \$22 for 5km / \$27 for 10km / \$35 for 21km
 Must provide valid ID at packet pickup

Rate increase after August 18

Entry Fee: \$30 for 5km / \$35 for 10km / \$45 for 21km
Military Fee: \$27 for 5km / \$32 for 10km / \$40 for 21km
Student Fee: \$27 for 5km / \$32 for 10km / \$40 for 21km
 Must provide valid ID at packet pickup

Awards: \$5,000 prize purse for the 21km event. Top 3 in each age group receive awards.

Deadline: Mail in entries must be received by Sept. 13.

Online registration also available on www.xterraailrun.com.

OLD MILL DISTRICT
BEND, OR / SEPT. 18

21KM: 9:00AM // 10KM: 9:10AM // 5KM: 9:15AM

XTERRA is excited to return to beautiful Bend, Oregon on September 18. Since last September, thousands of runners have competed in the 2010 XTERRA Trail Run Series for their chance to be crowned champions of their region and compete in this year's XTERRA Nationals, however no qualification is necessary and all are welcome. A benefit for MBSEF.

For more information visit xterraailrun.com or call 877-XTERRA-1.



XTERRA TRAIL RUN NATIONAL CHAMPIONSHIP

SELECT RACE: 5K 10K 21K XDURO

INDIVIDUAL ENTRANT

LAST NAME _____ FIRST NAME _____
 GENDER: M F DOB: MM DD YYYY SHIRT SIZE: S M L XL
 MAILING ADDRESS _____
 ZIP CODE _____ CITY _____ STATE _____
 EMAIL ADDRESS _____
 PHONE _____

EMERGENCY CONTACT

NAME _____
 RELATION _____ CELL# _____

WAIVER AND RELEASE AGREEMENT

In consideration of the acceptance of my application to participate in the 2010 XTERRA Trail Run including without limitation, competing in the race(s) and participating in any all pre and post race activities and social events (collectively, the "Event"), and/or my being permitted to officiate, observe, work for or in any manner participate in the Event or its staging, and intending to be legally bound hereby, I hereby freely agree, represent and acknowledge, for myself, my personal representatives, assigns and heirs that: (1) I HEREBY RELEASE AND PROMISE NOT TO SUE, AND SHALL DEFEND, INDEMNIFY AND HOLD HARMLESS, TEAM Unlimited, LLC. (Event producer and manager, hereinafter referred to as "TEAM Unlimited"); all states, cities, counties or localities in which the Event or segments of the Event are held; all Event sponsors, advertisers, officials, volunteers and independent contractors; owners and lessees of property used to conduct or used in conjunction with the Event; and the officers, directors, shareholders, partners, employees, members and agents of any of the above (the "Releases"); FROM EVERY CLAIM AND ANY LIABILITY that I, my personal representatives, heirs and assigns may allege against the Releases, including attorney's fees, as a direct or indirect result of injury to me or my property or resulting in my death, whether or not caused by any act or omission of Releases, including but not limited to the negligence of Releases or otherwise while I am in any way competing in, officiating, observing, working for, or in any manner participating in the Event or its staging; (2) I acknowledge that participating in the Event can be a dangerous activity that involves risks of serious bodily injury, death or property damage and I HEREBY ASSUME FULL RESPONSIBILITY FOR RISK OF BODILY INJURY, DEATH AND PROPERTY DAMAGE due to the negligence of Releases or otherwise arising out of or in any way relating to any of the events referred to in item 1 hereof; (3) I will comply with all rules, regulations and instructions of the Event and its officials; (4) I am physically fit, have sufficiently trained for the Event, and there is no medical reason why I should not participate in the Event; (5) I CONSENT TO RECEIVE MEDICAL TREATMENT in the event that I become ill, I am injured or I am involved in an accident during the Event or as otherwise deemed necessary or advisable by Event officials; (6) I CONSENT TO THE FREE AND UNRESTRICTED USE OF MY NAME, VOICE AND PICTURE in any and all Event promotional materials, videotapes, telecasts, and promotions for any purposes deemed necessary by TEAM Unlimited, including but not limited to commercial use, and I waive all right to any future compensation to which I may otherwise be entitled as a result of the use of my name or likeness; and (7) I HAVE CAREFULLY READ, UNDERSTAND AND VOLUNTARILY SIGNED THIS AGREEMENT.

PRINT NAME _____ SIGNATURE _____ DATE _____

For persons under 18 years of age, a parent or legal guardian must sign the above Waiver and Release and complete the following section.

I am the parent or natural guardian of _____ ("Child") and have executed the foregoing Waiver and Release Agreement for and on behalf of my Child. I HAVE READ AND UNDERSTAND THIS WAIVER AND RELEASE AGREEMENT. In consideration of allowing my Child to participate in the Event, I agree that THE TERMS OF THIS WAIVER AND RELEASE AGREEMENT SHALL BIND ME, MY CHILD, our personal representatives, heirs and assigns. I HEREBY RELEASE AND PROMISE NOT TO SUE, AND SHALL DEFEND, INDEMNIFY AND HOLD HARMLESS, THE RELEASES FROM EVERY CLAIM AND ANY LIABILITY that I or my Child may allege against the Releases, including attorney fees, as a direct or indirect result of injury to me or my child, or my or my Child's property, or resulting in my or my Child's death, because of my Child's participation in the Event or its staging, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASES or otherwise.

