

# ALLEGANY ADVENTURE RUN

Saturday May 8th 2010

Allegheny State Park Summit Trailhead

Kick your trail running season into high gear at the Allegany Adventure Run!

3 Course distances to choose from in the beautiful rolling forest trails of Allegany State Park in Salamanca, New York. The Summit Trail Head ski cabin is our home base in the Red House area of the park. Rain or shine. Choose the course that best suits your fitness level featuring hundreds of feet of elevation changes on the wide rolling non-technical trails of the Art Roscoe Trail System. Awards 3-deep in all classes plus overall 22K M/F & Masters, post race cookout & snacks. Race-day registration welcome.

Age groups M/F: 19 & under, 20-29, 30-39, 40-49, 50-59, 60+. No late entry fee. Custom race bags to first 175.

More information at [www.heartrateup.com](http://www.heartrateup.com) Helping support the Nordic Ski Patrol and the ADA.

Weekend camping/cabin rentals available: Contact Allegany State Park Red House area.

Rest up-you will thank yourself for this is no lazy stroll in the park...



Allegany Adventure Run 2010 Saturday, May 8th (Pre-entry deadline: 5/3/2010)

\_\_6K \$20.00 10:00am start    \_\_13K \$25.00 9:45am start    \_\_22K \$ 25.00 9:30am start

LAST NAME \_\_\_\_\_ FIRST \_\_\_\_\_ MI. \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ PHONE # \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ EMERGENCY CONTACT PHONE # \_\_\_\_\_

### ACKNOWLEDGEMENT OF RISKS AND ASSUMPTION OF RISK RESPONSIBILITY

**STATEMENT OF RISKS:** There are significant elements of risk in any adventure, sport or activity associated with the outdoors, the use of trails, roads, hiking, trail running and associated activities tied to this event (referred to herein as "activity"). THE ACTIVITY IS NOT WITHOUT RISK. Certain risks cannot be eliminated without destroying the unique character of the activity. The same elements that contribute to the unique character of the activity can be causes of loss or damage to equipment, cause accidental injury, illness or in extreme cases, permanent trauma or death.

**ACKNOWLEDGEMENT OF RISKS:** I agree and understand trail running, jogging, hiking, friendly competition and racing is a HAZARDOUS activity. Further, I recognize that there are risks, including, but not limited to, uneven and/or slippery conditions, varying slopes, variations in terrain, bumps, loose gravel and dirt, paved surfaces, wet surfaces, holes and potholes, debris and other runners, spectators and competitors. I recognize that injuries are a common and ordinary occurrence of the activity. I hereby agree to freely and expressly ASSUME and accept ANY AND ALL RISKS OF INJURY OR DEATH while participating in the activity. I further acknowledge that I have made a voluntary choice to participate in the activity.

I AM (WE ARE) AWARE THAT THE ACTIVITY MAY ENTAIL RISKS OF INJURY OR DEATH. I/WE UNDERSTAND THE DESCRIPTION OF THESE RISKS IS NOT COMPLETE AND THAT UNKNOWN OR UNANTICIPATED RISKS MAY RESULT IN INJURY, ILLNESS, OR DEATH AS A RESULT OF MY/OUR PARTICIPATION IN THE ACTIVITY.

**EXPRESS ASSUMPTION OF RISK AND RESPONSIBILITY:** I agree to assume responsibility for the risks of the activity identified herein and those risks not specifically identified. Participation in the activity is purely voluntary. No one is forcing me to participate. I verify that I am physically fit, **not under the influence of alcohol or any drugs at this time** and sufficiently qualified, trained and capable to participate in the activity. I assume full responsibility for myself and any of my minor children for whom I am responsible, for any bodily injury, accident, illness, death, loss of personal property and expenses thereof as a result of any accident which may occur while I participate in the activity.

This agreement is governed by the applicable law of this state or province. If any provision of this agreement is determined to be unenforceable, all other provisions shall be given full force and effect.

**I HAVE READ THE ACKNOWLEDGEMENT OF RISKS & ASSUMPTION OF RISK RESPONSIBILITY. I UNDERSTAND THAT BY SIGNING THIS DOCUMENT I AM EXPRESSLY ASSUMING THE RISK ASSOCIATED WITH THIS ACTIVITY.**

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Parent/Guardian:** I verify that I am the parent or guardian of the minor, and I have authority to enter into this agreement on behalf of the participant and I agree to be bound by the terms and conditions stated above.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

MAIL COMPLETED ENTRY FORMS WITH PAYMENT TO:  
MUSIC X-PRESS PO BOX 37 BUFFALO, NY 14240

Checks payable to Music X-Press