



MAIL COMPLETED ENTRY FORM WITH CHECK
OR MONEY ORDER TO:

Inside Trail

37 San Miguel Way

Novato, CA 94945

Table Rock Trail Run

10K, Half Marathon, & 30K

Saturday, July 20, 2019

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Date of Birth: _____ Age: _____ Gender (circle): Male / Female

Emergency Contact Information

Name: _____ Phone Number: _____

ENTRY FEES

Early Bird (Until 6/29/2019) 10K: \$50 Half: \$60 30K: \$70

Regular (Until 7/18/2019) 10K: \$60 Half: \$70 30K: \$80

GUARANTEE FOR RACE T-SHIRT ENDS 7/6/2019 (All runners receive a technical T-Shirt. Sizing is gender specific.)

Shirt Size: X-Small Small Medium Large X-Large XX-Large

No shirt (- \$5.00)

TOTAL AMOUNT ENCLOSED: _____

WAIVER

I know that trail running is a potentially dangerous activity. I assume all risks associated with participating in this trail run, including but not limited to, medical, following course markings and directions, falls, contact with other runners, the effects of the weather, the conditions of the roads and trails, and traffic on the course, all such risks being known to and appreciated by me. Having read this waiver and knowing these facts, and in consideration of acceptance of my application for Inside Trail Racing (Inside Trail) activities, I, for myself and anyone entitled to and on my behalf, waive and release Inside Trail from all claims or liabilities of any kind arising out of my participation in this run even though that liability may arise out of negligence. I grant full permission to Inside Trail to use photographs or any other record of this event, including written comments or articles by me, for any legitimate purpose. I understand that entry fees are non-refundable and non-transferable to future Inside Trail events.

I agree

Signature: _____ Date: _____