

Cascadia Trail Series

Mountain Running

"NOTHIN' BUT DIRT,
ROCKS, & SWEAT"

Circle which race you're signing up for :

April **9th** – Timp Shadow **5K**

June **25th** – Gruesome Grizzly **8K**

July **16th** – Battle @ Big Springs **8K**

*All Sat. races begin @ 8am.

Register @ Runner's

Corner in Orem, online @

active.com, or mail in to

546 N. Main St. Orem,

UT 84057

PRAY 4 MUD!

EVERY ABILITY IS WELCOME

All info @ CASCADIATRILSERIES.com

Fees per race(Cash or Check only—pay to CASCADIA): (check one)

Until Friday 2 weeks B4: \$15 no shirt \$22 w/shirt

Until Friday the day B4: \$18 no shirt \$25 w/ shirt

Race Day: \$20 no shirt \$30 w/ shirt

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: (_____) _____ Gender: M F

E-mail: _____

Birthdate: ____/____/____ Age: _____

If Paying For T-Shirt, Circle Size: S M L XL XXL(+\$2)

Due to the Gruesome nature of the course and the Trial that my body will go through while running in the Shadows of the mountains, I waive and release Cascadia Trail Series, all sponsors, volunteers, participants, and all others directly or indirectly involved in the event from all rights, claims, liabilities, damages, pain, injury, and illness suffered by me before, during, or after each of the races in the Cascadia Trail Series. I understand that I am putting myself in grave danger and possible injuries can come from this physically taxing adventure. I also understand that there is no chance I will ever get my registration fee back. But, overall, it will be worth it, and I will have fun!

Signature _____ Date _____