

CASCADIA TRAIL SERIES

Mountain Running

"NOTHIN' BUT DIRT,
ROCKS, & SWEAT"

Circle which race you're signing up for:

May 2nd - Timp Shadow 5K

May 30th - Gruesome Grizzly 8K

July 18th - Battle @ Big Springs 8K

(All Races Begin @ 8am)

DRAWING, AWARDS,
COOL SERIES T-SHIRT, FOOD

Register @ Runner's Corner in Orem, online @
active.com, or mail to 896 N. 50 E., Provo, UT 84604

PRAY 4 MUD!

ALL INFO @ SRCEVENTS.COM/CASCADIA

Fees per race(Cash or Check only-pay to SRC UTAH): (check one)

Until Friday the week B4: \$12 no shirt \$25 w/shirt

Until the day B4: \$15 no shirt \$28 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 other directly or indirectly involved in the event from all rights, claims, liabilities, damages, pain, injury, and illness suffered by me before, during, or after the race. 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..

Signature_____

Date_____

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