



2nd Trip 'n' Tumble 10K run/hike and 13M run

Green Ridge State Forest - Flintstone, Maryland

Saturday, May 8, 2021 - 8 a.m. combined start

Participant's information (one person per form). Please write legibly. Mail completed form and payment to: Kevin Spradlin, 108 W. College Ave., Frostburg, MD 21532. Make checks payable to Potomac Highlands Distance Club.

First name _____ **Last name** _____

City / State _____

Date of birth _____ **Age on race day** _____ **Phone #** _____

Email address _____

Gender: Male / Female (circle one) **Event** (circle one): 10K 13M

Are you a part of a Mother-Daughter or Mother-Son team? Yes No

If yes, please name team partner* _____

* Each partner must complete the same distance

Preferred shirt cut* (circle one) Men's Women's

Preferred shirt size* (circle one) XL L M S

* Entry must be received on or before April 1, 2021, in order to be guaranteed shirt cut/size.

Entry fee

10K — \$20 through Dec. 31 \$30 through March 31 \$35 through May 5

13M — \$30 through Dec. 31 \$40 through March 31 \$45 through May 5

No race-day registrations permitted. No refunds, deferments or transfers. Add \$2 to entry fee if you choose size 2XL or 3XL shirt.

Waiver

I know that participating in a trail race is a potentially hazardous activity. There are rocks, roots, stream crossings, steep ascents and descents, and possible encounters with wildlife, including bear, snakes, coyote, fox, deer, squirrel, rabbits and

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pigeon, among other creatures. I enter and run this race certifying that I am medically able and properly trained. I assume any and all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of extreme weather, and the conditions of the trails.

Knowing these facts and in consideration with your acceptance of my entry fee, I hereby for myself, my heirs, my executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge the organizer of this event — Potomac Highlands Distance Club — and any individual and organization associated with the trail run, including Allegany County Board of Commissioners, Allegany County Government, Maryland Department of Natural Resources, any and all event volunteers and/or employees, from any and all claims of liability for death, personal injury foreseen or unforeseen, known and unknown.

The undersigned further grants full permission to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legal purpose. I also understand that entry fees are not refundable under any circumstance, race registrations are not transferable to other participants, future years races or other Potomac Highlands Distance Club events is not allowed. The Race Director reserves the right to modify or cancel the race or course for safety concerns, trail condition concerns or natural disaster. In such cases there will be no refunds of race entry fees. Each athlete must accept any such risk of their entry fee paid. There is no complimentary race entry to a future race. Entry fees collected are used to develop and produce the event, starting well in advance of the race date – including course preparation, race supplies, permits and administration. We will make every effort to produce a fair and safe event for all participants. Any decision we make that impacts the race date or potential cancellation is carefully considered and based on the overall event safety, sustainability and manageability.

I agree to abide by the rules and decisions of race officials. I have read the foregoing and certify my agreement by checking the box below and continuing with the registration process. (Parent or guardian must sign if applicant is under 18 years of age).

Print _____ Sign _____ Date _____

Print _____ Sign _____ Date _____

Questions? Call 301-338-4533 or email peedeepost@gmail.com.

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