

BUNCOMBE COUNTY TAILS AND TRAILS

When November 20th, 2010
8:30 am 5K
10:00 a.m. Run/ Walk for dogs and their owners

Where Buncombe County Sports Park
58 Apac Circle Asheville, NC 28806

Registration Mail-in (through November 10th), Day of race 7:45-8:15 am; 9:15 am-9:45 a.m.

Support your community by registering today for the Third Annual Tails and Trails 5K! Join your friends and neighbors as we run at the beautiful Buncombe County Sports Park. The 5K Run will be at 8 :30 a.m. and a 5K Fun Run/Walk for dogs and their owners at 9:30 a.m. Proceeds from the race will benefit the Asheville Humane Society and the Parks, Greenways and Recreation Fund for Dog Parks

Tails and Trails 5K Run/Walk • Saturday, November 20th, 2010

Return forms and payment to: BCPGR 59 Woodfin Place, Suite 100 Asheville, NC 28801

Name: _____ Gender: F or M Age on Race Day: _____

Address: _____

Street _____ City _____ State _____ Zip _____

E-mail: _____ Phone Number: _____

T-Shirt Size (circle one): XS S M L XL XXL 3XL

- 8 :30 A.M. 5K Run Registration (\$20 before 11/10, \$25 after 11/10)
- 10:00 A.M. 5K Run/Walk with pets (\$20 before 11/10, \$25 after 11/10)

PLEASE NOTE THAT ALL DOGS MUST BE ON A LEASH AND HAVE CURRENT VACCINATIONS

Payment Information: (circle one): CASH or CHECK

Please make checks payable to Buncombe County Parks, Greenways & Recreation Services

LIABILITY WAIVER MUST BE SIGNED TO PARTICPATE IN ALL TAILS AND TRAILS EVENTS

I recognize that running a race is a potentially hazardous activity. I have read the race flyer and am familiar with the course, procedures, and rules. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race officials relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including cold, snow, and/or ice, high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers of the Tails and Trails 5K Run/Walk, its directors, officers, staff, and volunteers, the county of Buncombe and its employees from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. For runners safety, I understand that bicycles, scooters, and roller blades are prohibited. **I ALSO UNDERSTAND THAT THERE ARE NO REFUNDS FOR THIS EVENT.**

Signature of Participant: _____
(Parent or guardian if under 18)

