

30th Annual 15k Mountain Run
Goodloe E. Byron Memorial Run: 12 December 2009
9:00 am Echo Field
Mount St Mary's University

Name: _____ **Phone:** _____
Address: _____
City: _____ **State:** _____ **Zip:** _____
Age: _____ **Please Circle: male / female**

Entry Fee: \$10 for preregistered FSRC members and students _____
\$15 for all other preregistered runners; _____
\$20 on race day. (Registration from 8:00 to 8:45) _____

Register & Run Same Day @ ECHO FIELD MEMORIAL GYM; 7:30-08:45

To preregister by mail: Make Checks Payable to: Mount Saint Mary's University.
Post Mark and Mail By Nov 30th 2009 To: Professor Don Butt
Economics Department
Mount Saint Mary's University
Emmitsburg, MD 21727

To preregister online, visit: <http://www.steeplechasers.org/>

Liability Waiver : I understand and acknowledge that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of the 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 runners, the effects of weather, including high heat, or humidity, cold, traffic and conditions of the road. I realize and understand all such risks. Having read this waiver and knowing these facts and in consideration of your accepting my entry form, I for myself and anyone entitled to act on my behalf, waive and release the Frederick Steeplechasers Running Club, Mount St Mary's University, The Race Director and other Race Officials, Race Sponsors, Volunteers, their representatives and successors from all claims or liabilities or any kind arising out of my participation in this event or carelessness on the part of the persons named on this waiver. Further, I grant my permission to all forgoing parties to use any photograph, motion picture, recording, or any other record of this event for legitimate purposes. The proceeds from this race are directed to Medical Causes and the:

BYRON MEMORIAL SCHOLARSHIP FUND
@ Mount Saint Mary's University, Emmitsburg, MD

I have read and agree to abide by the rules set forth above.

_____ **Date:** _____
Signature (all Runners) (Parent or Guardian if under 18)