

WAIVER

I the undersigned participant, intending to be legally bound, do hereby for myself and heirs, executors, administrators and assigns release and discharge Long Scraggy Mountain Ranch, Rocky Mountain Christian Conference Grounds, all race sponsors, volunteers and officials from any and all liability arising from illness, injuries, damages I may suffer as a result of any aspect of participating in the Long Scraggy Race/Walk whether pre-race, post-race or the race itself. I also understand that the race organizers and race sponsors may subsequently use for publicity and promotional purposes my name or pictures of me participating in the event without obligation of liability to me. Permission is given to post my name and race results on the internet. I understand that the entry fees I pay are non-refundable.

I have read the entry information provided and certify my compliance with my signature below.

Signature of Participant Date

Signature of Parent/Guardian Date
(if under the age of 18)

Our Mission:

Is to raise awareness about Long Scraggy Ranch, promote running and walking, and have fun and fellowship with new and old friends. Secondary is to raise funds to continue our updating of Long Scraggy Ranch.

Post Race: This year will feature a local band the Mountain Holler, playing Christian and Bluegrass music. Of course there will be snacks, and good folks to talk with.



JOIN US for a morning of **FUN, FITNESS and FELLOWSHIP** for individuals and families.



Long Scraggy Mountain Ranch
5th Annual 4 mi Race & 1.5 mi Walk
April 24, 2010
Fee: \$25.00 per person

Long Scraggy Mountain Ranch
20203 Spring Creek Trail
Buffalo Creek, CO 80425
303-838-7770
www.longscraggy.org
info@longscraggy.org

REGISTER

By mail:

Deadline: Postmarked no later than Friday, April 16th

Race Day:

Saturday, April 24th at 8:00AM Race will start at 9:00 AM

Fee: \$25.00 per person

PRIZES

Will be awarded to the top three overall finishers in the 5k Run

COURSE

Run/Race – A scenic 4mi. run, jog or walk on dirt/gravel loop. Elevation is approx. 7,600 feet.

Walk – A 1.5mi. walk along gravel road. Elevation is the same

****We recommend you check with your doctor if you have any health issues.**

**THANKS TO OUR SPONSORS!
Your generous support is invaluable.**



**Event Entry Fees: Cash or Check
Please make check payable to Long Scraggy Ranch**

One entry fee per person. This form can be photocopied. WAIVER MUST BE SIGNED BY ALL PARTICIPANTS IN ORDER TO BE REGISTERED.

Please print

Age on race day _____

Male Female

First Name _____

Last Name _____

Address _____

City _____

State _____ Zip _____

Email Address _____

Phone _____

Please check one

5k Run/Walk 1.5 mi Walk

Shirt Size:

Please Circle One S M L XL