The BOND LAKE ATHLETIC CLUB

Proudly presents the 15th Annual

RUT RACE

This is a USATF sanctioned event

Monday, August 15, 2011 – 7:00 PM

At BOND LAKE PARK, 2571 Lower Mountain Road
(between Routes #104 and #429), Lewiston, NY.

Come join us for a 3.4 mile European Style Cross-Country race on beautiful trails up and down the Niagara Escarpment. A few roots, rocks and ruts, a little mud (changing rooms available), and some challenging hills make this a unique race experience.
After, join us for Dinner, Awards and more!

Awards to the top 3 finishers of each age category:
14 & under, 15-17, 18-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

SPECIAL THANKS TO: SCORE THIS!!! & THE ORININAL HONEY'S in NIAGARA FALLS

Entry Fee: **$13** - postmarked no later than Aug 9th. **$15** - day of race, or after Aug 9th. **US FUNDS ONLY, PLEASE.**
To keep the price low, there will be **NO SHIRTS** provided again this year.

Register online at https://www.score-this.com/onlinereg/rutracereg.html

Website: http://bondlakeac.com Email: runninray@verizon.net Phone: (716) 832-9442

- (detach and return bottom section)- -

2011 Bond Lake AC Rut Race Entry Form

Make checks payable to: Bond Lake A.C., Inc.
Mail to: 1310 99th Street
Niagara Falls, NY 14304

Register-This!!!
online registration with SCORE-THIS!!!

Entry fees

_____$13 US until 8/09
NO SHIRT

_____ $15 US after 8/09
NO SHIRT

_____Total Enclosed

LAST NAME FIRST NAME MI

NUMBER AND STREET

TOWN/CITY STATE/PROV ZIP/POSTCODE

SEX AGE CLUB OR SCHOOL RACE USE ONLY

I KNOW THAT RUNNING A CROSS-COUNTRY RACE IS A POTENTIALLY HAZARDOUS ACTIVITY. I SHOULD NOT ENTER AND RUN UNLESS I AM MEDICALLY ABLE AND PROPERLY TRAINED. I AGREE TO ABIDE BY ANY DECISION OF A RACE OFFICIAL RELATIVE TO MY ABILITY TO SAFELY COMPLETE THE RACE. I ASSUME ALL RISKS ASOCIATED WITH RUNNING IN THIS EVENT, INCLUDING BUT NOT LIMITED TO FALLS, TRAFFIC AND CONDITIONS OF THE ROAD, COURSE CONDITIONS, CONTACT WITH OTHER PARTICIPANTS, THE EFFECTS OF THE WEATHER, INCLUDING HEAT AND HUMIDITY, 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 ANY ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE THE BOND LAKE A.C., THE TOWN OF LEWISTON, THE COUNTY OF NIAGARA, THE NIAGARA COUNTY PARK DEPARTMENT, THE RACE DIRECTOR, ALL SPONSERS, THEIR REPRESENTATIVES AND SUCCESSORS, FROM ALL CLAIMS AND 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.

SIGNATURE: ____ **DATE:** ____________________

PARENT SIGNATURE: ____________________________________ (If under 18) **DATE:** ____________________