

**Jack's 50k/25k Trail Races
at Gamble Rogers Memorial State Recreation Area**

Last Name _____ First _____

Sex _____ Age _____ Birth date _____

Address _____

City _____ State _____

Zip _____

Phone _____

e-Mail _____

50K _____ or 25K _____

Shirt size: S M L XL

Emergency Contact _____

Incomplete or unsigned entries will not be accepted

I know that running a trail 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 run. I assume all risks associate with running including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the condition of the course and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Gamble Rogers State Park and its officers and agents, all event sponsors, their representatives and successors, officers, event directors, agents and employees, from all claims or liabilities of any kind arising out of my participation in this activity even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (parents signature if under 18) _____

Checks payable to: Dawn Lisenby.

Mail entries to: Dawn Lisenby 2004 S. Central Ave. Flagler Beach, FL 32136