

Potomac Overlook Trail Runs  
November 14, 2009  
Release and Registration Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Male: \_\_\_ Female: \_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail: \_\_\_\_\_

Signature: \_\_\_\_\_

T-shirt Size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

Planned Event: 4K \_\_\_\_\_ 8K \_\_\_\_\_  
(Distance can be changed at the event.)

Release and Waiver: In consideration of the acceptance of my entry, I for myself, my heirs, executors, personal representatives, and successors, do hereby release and discharge Virginia Happy Trails Running Club, Potomac Overlook Regional Park, Northern Virginia Regional Park Authority, Gulf Branch Nature Center, Friends of Gulf Branch Nature Center, Donaldson Run Recreation Association; their officers, directors and volunteers, and all other sponsors of the event of any and all claims for damages, personal injury, or death, and any and all demands, suits, causes of action whatsoever in any manner arising out of my participation in said athletic event. I attest and verify that I have full knowledge of all risks involved in this athletic event, and I certify that I am physically fit and sufficiently trained to participate in this event. In addition, I hereby consent to the sponsors to use any photographs, motion pictures, videos or other records of this event for any legitimate purpose.

This document is a legal release and must be signed before mailing.

Unfortunately, I will be unable to participate this year. Please accept my tax-deductible donation of \$ \_\_\_\_\_ to help Arlington parks.

Entry fee is \$18 (\$20 on race day). You may pay with a check payable to "Friends of Gulf Branch Nature Center".

Send completed entry form to the Race Director by November 10, 2009 at:

Potomac Overlook Trail Runs  
3636 38<sup>th</sup> St N  
Arlington, VA 22207