

Waiver and Release

I know that participating in a running or walking event, regardless of the distance, includes an element of risk. I understand that I should not enter and participate in the 2017 "Run to the Ruts" (hereinafter "this event") on June 3, 2017, unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to complete this event safely and I further agree that event officials may authorize necessary emergency treatment for me. I also understand that the course is on open public lands and that visitors/spectators may also be present along the route and I assume the risks of participating under such conditions. I further assume any and all other risks associated with participating in this event including, but not limited to, illness, traveling to and from the event, falls, contact with spectators or other participants, and the surface condition of the roads and trails, all such risks being understood and appreciated by me.

Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge all subsidiaries, affiliates, assigns, representatives and successors of the foregoing: The Trail Tenders Inc., Bureau of Land Management, Baker County, event sponsors, officials, volunteers and any and all suppliers, agents, independent contractors, employees and any other personnel in any way assisting or connected with this event from any and all claims or liability of any kind or nature whatsoever arising out of my participation in this event. I also understand and agree that any sponsor may subsequently use, for publicity or promotional purposes, my name or pictures of me participating in this event without liability or obligation to me. No refunds will be provided if race is canceled due to unforeseen circumstances or acts of nature. Entries cannot be accepted without a valid signature. Entries from minors will be accepted only with a parent or legal guardian's signature.

X _____

Signature/Co-signature (Parent/guardian must co-sign if applicant is under 18 years of age)

About the Interpretive Center

The National Historic Oregon Trail Interpretive Center (NHOTIC) at Flagstaff Hill brings to life aspects of the Oregon Trail experience through living history demonstrations, interpretive programs, exhibitions, and special events. Part of the BLM's National Landscape Conservation System.



About the Trail Tenders

The mission of Trail Tenders is to enhance the quality of the educational and recreational programs for the public benefit within the Oregon Trail Interpretive Center complex. Our programs attract over 50,000 visitors and more than 5,000 students annually.



www.trailtenders.org

A National Trails Day[®] Event

**TRAIL TENDERS
PRESENTS**

**RUN
TO THE
RUTS**

**Saturday June 2, 2018
5k Run/Walk & 10k Run**

A CHALLENGING 5K RUN/WALK
& 10K RUN

*Register by May 15th to
GUARANTEE A RACE SHIRT

June 2 is National Trails Day!

What better way to celebrate the trails than to get out and run or walk at the **National Historic Oregon Trail Interpretive Center**. National Trails Day is a **Free Fee Day**, so bring your full cheering squad and enjoy the center after the race.

Run to the Ruts 5K/10K — Course Description

“Run to the Ruts” is a Challenging 5K (3.1 mile) Run/Walk or 10K (6.2miles) Run. It starts above the entrance of the 3rd parking lot and heads down the service road towards the Panorama Point Trail. At approx. 2.3 miles the course turns right towards the Eagle Valley Railroad Grade Loop Trail. Then, after an approx. 430 ft. elevation drop, it takes the Ascent Trail, the last mile, back to the 3rd parking lot and finish line. The route is a mixture of gravel, paved and dirt trails, with several tight curves.

—> NEW START TIMES! <—

The **10K Run starts at 8:30 a.m.**, and the **5K Run & Walk starts at 9:00 a.m.**, with the walkers lining up behind the runners. Water, juice, fruit, and snacks will be available for participants before and after the race.

Useful Information

All proceeds will benefit Trail Tenders, Inc., a 501(c)(3) nonprofit organization dedicated to supporting the programs of the Interpretive Center.

This event is a non-sanctioned “fun run.” All participants will receive a participant award upon crossing the finishing line. We will be giving awards for the top 3 male and female runners of the event. We will track times to the best of our ability and post what we can. If your time is a priority to you, you should be prepared to track your own record.

Due to the width of the trails we request that no dogs be brought on the run/walk. Also, sections of the route are very narrow and would not be adequate for strollers in this event. Runners should be aware that the route is on public land and other visitors may be using the trails. Please be courteous to all visitors, including other runners.

Registration & Race Packets

Register online at www.trailtenders.org, in person at the Interpretive Center, or mail this registration form to **Trail Tenders Inc., PO Box 987, Baker City, OR 97814**. Registrations will be accepted until 8:15am on June 3rd- you can call us at 541-523-1844 or print out a registration form and bring it to the Interpretive Center. Runners and Walkers each pay an entry fee of \$15 per person; if registered by May 15 are guaranteed either a moisture-wicking or cotton t-shirt in their requested size. Race packets will be available to pick up at the Oregon Trail Interpretive Center lobby on June 1 from 1 p.m. — 5 p.m., and on the day of the event, June 2 at 8:00 a.m.

Register by May 15th to guarantee a race shirt — Sign up online at www.trailtenders.org

Run to the Ruts Registration Form

Name _____

Address _____

Emergency Contact _____

Phone _____

Email _____

Age (as of June 3) _____

Male _____ Female _____

**Runners registered before May 17 will receive either a moisture wicking shirt or a cotton t-shirt*

Please Check One: 10K Run 5K Run 5K Walk

T-shirt Type: Moisture-Wicking Cotton

T-shirt Size: XS S M L XL XXL

Please make checks payable to *Trail Tenders*. Mail Registration Form and Check or Credit Card Payment to:

Trail Tenders, Inc.

Attn: *Run to the Ruts*

PO Box 987

Baker City, OR 97814

Please charge my credit card: \$15 per registrant

Visa | MC | Discover

Expiration Date _____

Signature _____

**all participants must sign release form on reverse side*