BOND LAKE A.C.

PROUDLY PRESENTS

THE 13TH ANNUAL

RUT RACE

NIAGARA ESCARPMENT CHALLENGE

MONDAY, AUGUST 17, 2009 – 7:00 PM

Stuck in a RUT? We were! Are you ready for a new CHALLENGE? We are! The 'RUT RACE' has changed course! Introducing the 'NIAGARA ESCAPMENT CHALLENGE', a NEW 3.4 mile European style cross-country race run up and down the Niagara Escarpment. Fewer roots, rocks, and ruts for better footing, more hills for a bigger challenge, and a little mud just for fun! (changing rooms available) **After, join us for Pasta, Pizza and more!**

BOND LAKE PARK is located between ROUTES #104 and #429 at 2571 LOWER MOUNTAIN ROAD, LEWISTON, NY

SPECIAL THANKS TO: NIAGARA COUNTY PARKS DEPT and SCORE THIS!!! TIMING SERVICE

Entry Fee: **$12 (US FUNDS ONLY, PLEASE)-NO SHIRT postmarked no later than AUGUST 11TH. $15 (US) - NO SHIRT day of race and all entries postmarked AFTER AUGUST 11TH.**

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

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+

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

(detach and return bottom section)

2009 Bond Lake AC Rut Race Entry Form

register with SCORE-THIS!!!

Entry fees

_____$12 US until 8/11 NO SHIRT

_____ $15 US after 8/11 NO SHIRT

_____Total Enclosed

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

LAST NAME | FIRST NAME | MI

NUMBER AND STREET

TOWN/CITY | ST/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:** _____