



WAIVER OF LIABILITY

By Signing the Entry Form and participating in Men's Health All-Terrain Race, I agree to abide by the rules of this event and certify that I am fully and physically fit and adequately trained to finish the race and that I fully accept the following Waiver of Liability:

I understand that participating in this event may involve real risk of serious injury or even death from various causes including but not limited to falls, over exertion, dehydration, contact with other participants, spectators, road users, effects of weather and conditions of the road. I voluntarily assume all risks associated with my participation in the event or any activity associated with it.

I, in consideration of and as a condition of the acceptance of this entry for myself, my executors, administrators, heirs, next of kin hereby waive, release and forever discharge the event organizers, sponsors, promoters, agents or servants from all claims, actions or damages that I may have against them however caused, arising out of or in any way connected with my participation in this event.

I authorize the use of my name, voice, and picture and any information provided by myself on this entry form to be used without payment in any broadcast, telecast, promotion or advertising. I also agree that the information that I have provided may be used by the event organizer for the purpose of promoting future and other events for the promotion of race sponsors, products, and services.

Signature Over Printed Name

Parent's Signature for Participants Below 18 yo.

Date

EVENT: Men's Health All-Terrain Race

DATE: June 21, 2009 (Sunday)

VENUE: Sta. Elena, Sta. Rosa, Laguna

TIME:

CATEGORY:

DISTANCE	ASSEMBLY	GUN START
TRAIL RACE		
15K	5:10 AM	5:40 AM
10K	5:20 AM	5:50 AM
5K	5:30 AM	6:00 AM
BIKE RACE	8:00 AM	9:00 AM

CONTACT: Vince Mendoza, (632) 7031736

RULES AND REGULATIONS

- Participants below 18 yo. must have their entry form signed by a parent/ guardian.
- Race bib numbers must be worn at all times during the race. It should be pinned in front of your running shirt.
- All protests related to the results must be made in writing and submitted to the Race Organizer within 30 minutes after the official announcemnet of winners. A PROTEST FEE of Php 500.00 will be collected for every written protest made.
- The organizer's decision is final.

WINNERS' AGE VERIFICATION

All top finishers in all age group categories must produce a valid identification card and a photocopy of birth certificate for age verification at the Technical Secretariat Center.

COLLECTION OF RACE KITS

Participants may claim their Race Kits (containing the official race number, safety pins and route map) upon completion of their registration.

WATER & FIRST AID STATIONS

Drinking water will be provided at selected points along the route. Medical aid will be available at certain points via roving representative.

TOILET AREA

Toilet cubicles will be available at the site during the race.

PARKING AREA

All participants and other spectators are required to park their vehicles at the allocated parking area. Please refer to the Map provided.

BAGGAGE AREA

Baggage deposit service is available near the Stage from 5:00 AM to 12:00 NN.

BIB NO: _____

NAME: _____

(First, M.I., Last)

ADDRESS: _____

BIRTH DATE: / / AGE: _____
MM DD YYYY

GENDER MALE FEMALE

MOBILE NO.: _____

EMAIL ADDRESS: _____

TEAM/SCHOOL/COMPANY/CLUB: _____

EVENT INFORMATION

TRAIL RACE

- 5K 10K 15K Kids (13 yrs. old & below)

BIKE RACE

BEGINNER

- Megamen (200 lbs. & up) Men's (19 yrs. old & below)
 Men's (20 to 30 yrs. old) Men's (31 to 40 yrs. old)
 Women's Open Kids (13 yrs. old & below)

ADVANCE

- Men's (19 yrs. old & below) Men's (20 to 30 yrs. old)
 Men's (31 to 40 yrs. old)

OPEN

- 41 yrs. old & above

SINGLET SIZE

- S M L XL

IN CASE OF EMERGENCY, CONTACT: _____