

Mountains-to-Sea Trail 12M & 50K Challenge

April 1, 2012

The race will follow the beautiful Mountains-to-Sea Trail (MST) as it winds through the woods along the Falls Lake. The 50K is an out-and-back course that starts and finishes at Blue Jay Point Park, turning around at Falls Lake Dam. The 12-M race is a point-to-point course that starts at the end of Bayleaf Church Rd. and finishes at the Falls Lake Dam.

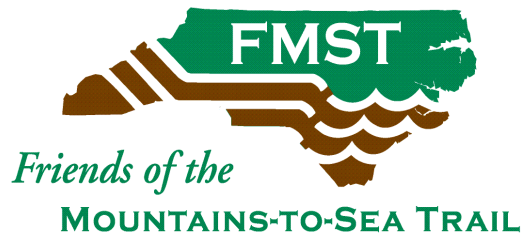
Course is well supported and all finishers will receive an award.

Proceeds from this race benefit the Friends of the Mountains to Sea Trail!

50-K Race @ 7:00am

12-M Race @ 8:00am

Complete Race Information at www.bullcityrunning.com



Make check payable to: Bull City Running Co.
 Mail to: 202 W. Hwy 54, Suite 201, Durham, NC, 27713
 *Mail-in entries must be postmarked by 3/24/12.
 **Online and In-store registration also available.

Please print legibly. One form per person.

12-Mile Registration = \$35.00

50-Km Registration = \$55.00

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

E-mail: _____

Phone: _____

Sex: M F

Birthdate: __/__/__ Age on Race Day: _____

T-shirt size (gender specific): S M L XL

Team Name (optional): _____

\$3 Carbon Offset Donation? (optional) Yes No

For complete race information, please visit
www.bullcityrunning.com

Please read, understand and sign the following waiver: I know that trail running and walking are potentially hazardous activities. 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 event. I assume all risks involved with running or walking in this event including but not limited to falls, contact with other participants, and the affects of the weather including high heat and/or humidity, traffic road conditions, 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 release the Bull City Running Company, the City of Durham, the City of Wake Forest, Wake County, the Friends of the Mountains to Sea Trail, and all sponsors and their employees, officials and agents ("Released Parties") from all claims and liability arising out of my negligence or carelessness or the negligence or carelessness of the Released Parties and further agree to indemnity and hold harmless the Released Parties from such claims, damages and costs including reasonable attorney's fee. The release and duty to indemnity does not apply to the gross negligence or willful and wanton misconduct of the Released Parties. I allow the publication of pictures in which I appear for event publicity and promotion.

Signature: _____

Guardian: _____

(If participant is under age 18)