



Demarest Nature Center



TRIAL OF THE TRAILS 2009

5K Trail Run Trail Fun Run

September 19th Wakelee Field Playground Parking Lot

Rain or Shine!

Two races on the trails of the beautiful Demarest Nature Center. The **Trail Fun Run** (1-mile) is open to ages 6 and up, including adults. The **5K Trail Run** (3.1-mile), which includes all but one trail on the DNC's 55 acres, is for ages 9 and up, including adults. If you would like to volunteer or have questions, send email to info@demarestnaturecenter.org or call Peter Coy at 201-784-5724.

Registration is 8 a.m. to 8:45 a.m. on race day. **Trail Fun Run** begins at 9 a.m.; **5K Trail Run** at 9:15 a.m.

Trophies for first place male overall and first place female overall in each event. Also, trophies for first place male and female in the following age groups:

Trail Run: Under 13 years old; 13-17; 18-39; 40-59; 60 and over

Trail Fun Run: Under 9 years old; 9-12; 13-17; 18-39; 40-59; 60 and over

Last Name	First Name	Address
Birth date	Age on day of race	Sex (M or F)
Event(s)	___ Trail Fun Run (1-mile) ___ 5K Trail Run (3.1-mile)	
5K Trail Run	Pre-registration (postmarked by Sept. 11th)	\$6
	Day-of-race registration	\$8
Trail Fun Run	Pre-registration (postmarked by Sept. 11th)	\$4
	Day-of-race registration	\$5
Total		\$ _____

(Checks payable to Demarest Nature Center, Box 41, Demarest, N.J., 07627)

In consideration of the services provided by the Demarest Nature Center Assn. in connection with the Cross-Country Race and Fun Run ("Race"), the undersigned participant agrees as follows: Participating in the Race, as with any athletic event, entails risks of personal and/or bodily injuries and/or property damage, including without limitation exhaustion, sprains, fractures, or in extreme cases, death. Participant warrants that he/she is fit and able to participate in the Race and assumes full responsibility for any such injuries and/or damage and medical expenses that may result. Participant further acknowledges that additional or heightened risks of such injuries or damage may be present because the Race's route runs partly through wooded property. By way of example only, this wooded terrain may contain naturally occurring uneven surfaces and obstructions such as rocks, roots, or debris. Participant acknowledges these additional risks and assumes full responsibility for any personal and/or bodily injuries or property damage and medical expenses that may result. Participant agrees to indemnify, defend and hold harmless the Nature Center, its trustees, Board of Trustees, offices, members, employees, associates, volunteers, and agents, and the Borough of Demarest, for all claims and liabilities of whatever nature directly or indirectly arising out of, caused by, or attributable to participating in the Race. Participant grants to the Medical Director of this event access to his/her medical records and to his/her physicians relating to medical care that may be administered to him/her as a result of his/her participation in this event. Participant gives rights of reproduction for publicity use all photos taken of him/her at this event.

Participant/Parent/Guardian (must be 18 or over to sign)

Date