

38th ANNUAL THE LAST GASP

3.1 MILE CROSS COUNTRY RACE
Sunday, December 21, 2014 at 2:00 PM
Free Kids One Mile Fun Run at 1:30 PM
At Jacksonville University

ENTRIES: Early online registration at JTCRunning.com/events is \$13 for JTC Running members and \$18 for non-members.

Paper registration (see form below) is \$15 for JTC Running members and \$20 for non-members. Day of race registration is \$25 for all.

COURSE: The course consists of two laps over grass, dirt, and hills. Spikes may be worn.

AWARDS: Trophies to first open and masters male and female. Top 10 men & women overall. Special awards for top three in each of the following age groups:

13 and under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 +

RACE DIRECTOR: HERB TASKETT 904-200-2975

TEAM COMPETITION: Five to run (max), four to score. Usual cross country scoring. All team members must register individually. Awards to fastest overall men's and women's team.

SWEATSHIRTS: A high quality, colorful sweat shirt will be given to all who register by December 6, 2014.

POST RACE PARTY: A party and awards presentation will be held from 3:30 until 6:00 PM at The Scoreboard Sports Bar & Grill at 6051 Merrill Road.

PAPER ENTRY FORM

NAME _____ AGE (on race day) ____ SEX: m f

ADDRESS _____ CITY _____

STATE ____ ZIP _____ TEAM (if any) _____

EMAIL ADDRESS _____ SHIRT SIZE: S M L XL

AMOUNT ENCLOSED: JTC Running member: \$15 Non-member: \$20

Make check out to JTC Running and mail to PO Box 24667, Jacksonville, FL, 32241

WAIVER OF LIABILITY

ACKNOWLEDGEMENT: I am voluntarily entering or agreeing to be a volunteer at JTC Running's Last Gasp Race. I understand that my participation in the event is a physically demanding and can be a potentially hazardous activity, which could cause injury or death. I agree to not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform Event, am in good health, and am properly trained. I assume all risks associated with my participation in Event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, all such risks being known and appreciated by me. I also understand that if a meet is canceled, rescheduled or details are changed for any reason beyond the control of race management that I hereby waive and release any claims against Event and its organizers that I may have as a result of any such changes and that my entry fee will not be refunded. I understand that if I cannot participate in Event, i.e. injury, family emergency, etc., that I will not receive a refund.

AUTHORIZATION: I agree to abide by any decision of Event's officials relative to any aspect of my participation in Event, including the right of any Event official to deny or suspend my participation for any reason whatsoever. I grant permission for Event's organizers to take pictures of me during Event and agree for Event to use any photos of me that may be taken during my participation. I grant permission to publish my name in the results of Event. I also grant permission for Event's organizers to use my email address to communicate with me concerning other upcoming events and specifically, instructions for Event. I will abide by these guidelines.

GUARDIAN'S PERMISSION AND RELEASE FOR MINOR: If I am or will be applying for my child to participate in, or be a volunteer at, the Event, I represent and warrant that I am the parent or legal guardian of the child and, as such, consent to my child's participation in Event and I agree that the terms of this Waiver Releases, and Authorizations, apply equally to my child and me and any claims I or my child may have in connection with Event. I also waive any derivative claims that relate to or arise out of my child's participation in Event.

AGREEMENT: Having read the waiver including the acknowledgement, authorization and permission and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release JTC Running, Inc., Jacksonville University, any other Organizers of Event, all charitable beneficiaries of Event, all sponsors of Event, and their licensees, sponsors, employees, official, volunteers, including medical volunteers, and other representatives, agents, and successors of each of the foregoing, from present and future claims or 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 or organizations named in this waiver.

Participant or Parent (participants under 18) signature

Date