

# 14K(arat) Women's Trail Run



traildogrunning.com



**Start line:**  
**Ice Age Trail**  
**Parnell Tower**  
**Mitchell, Wisconsin**

**May 9, 2015**

**5K and 14K Trail Runs**

**8:30 am start time**

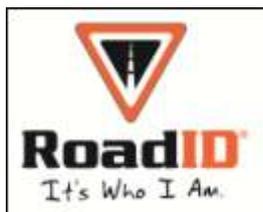
**5K entry fee: \$25**

**14K entry fee: \$35**

(checks payable to Trail Dog Running)

Pre-register by April 26, 2015 to receive a Trail Dog t-shirt!

The trails are awe-inspiring, the finish line festivities are spectacular. Each and every aspect of the race is planned to give trail running women a chance to celebrate exactly what they are made of!



Mail form/entry fee to: Trail Dog Running, 131 Sycamore Street, West Bend, WI 53095

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone number: \_\_\_\_\_

e-mail address: \_\_\_\_\_

Age: \_\_\_\_\_ 5K \_\_\_\_\_ 14K \_\_\_\_\_

t-shirt size: Small Medium Large XL

In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my heirs, executor, and administrators, do hereby release Trail Dog Running, LLC, any and all directors, volunteers, sponsors of this event and their representatives, successors and assign, from any and all liability from illness or injury I may suffer as a result of my participation in this event. I attest and verify I am physically fit and properly trained for the completion of this event. I assume all risks associated with this event, including but not limited to falls, contact with other participants, effects of the weather, temperature, and course conditions. I grant permission to TDR, LLC to use any photographs, motion pictures, or recordings for promotional purposes.

Signature: \_\_\_\_\_  
(parent or guardian must sign if participant is a minor)