

# Lasse Viren 20K Trail Run

## October 28th, 2012

Come join us for the 35th annual Lasse Viren 20K trail run at Sycamore Canyon, part of Pt Mugu State Park (Malibu/Oxnard) featuring a **fun and scenic** course, **delicious post race** food provided by Aloha Steakhouse, **super cool** tech tops, and a **very friendly** low key atmosphere.



Fees	By Oct. 1	Oct. 1 - Oct. 15	Oct. 16 - 28	*Race Day
20K	\$55	\$60	\$65	\$75

\* We expect to have race day registration however race is limited to 350 people. Check website.

**Race Start Time 9:00am Check-In 7:30am**

<b>Register By Mail</b> Make checks payable to: "Vendurance" <b>Josh Spiker – Lasse Viren 20K</b> 201 Lang St Ventura, CA 93003	<b>Contact Info</b> <b>Phone:</b> 805-258-7018 (Josh) <b>E-mail:</b> <a href="mailto:Josh@RunnerX.com">Josh@RunnerX.com</a> <b>Website:</b> <a href="http://www.LasseViren20K.com">www.LasseViren20K.com</a>
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Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_ Birth date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Email \_\_\_\_\_

Shirt Size (check): Mens: Small \_\_\_ Medium \_\_\_ Large \_\_\_ X-Large \_\_\_

Womens: Small \_\_\_ Medium \_\_\_ Large \_\_\_

Running Club/Team/School \_\_\_\_\_

**\*\*\*Event will be held rain or shine. Sorry no refunds.\*\*\***

**Waiver:** In consideration of your acceptance of my entry, I, for executors, my administrators, Vendurance Tribe, California State Parks, assignees, all volunteers, sponsors and myself do hereby waive and release any and all rights and claims, including negligence, for damages I may have against any organizers, volunteers, and sponsors of said event. I attest and certify that I am physically fit and have sufficiently trained for the Lasse Viren 20K, and my physical condition for competing in this event has been verified by a licensed doctor during the last 12 months. I expressly assume any and all risks involved with participation of this event.

\_\_\_\_\_  
 Signature of entrant (or parent or guardian if under 18)

\_\_\_\_\_  
 Date