

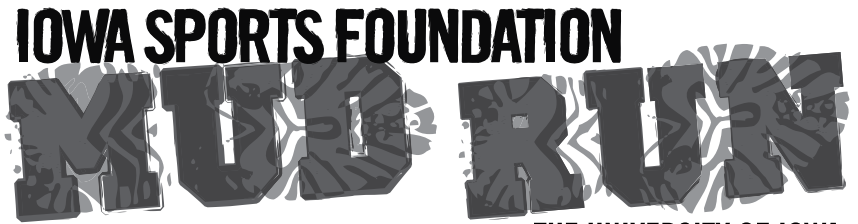
**2010 IOWA SPORTS FOUNDATION
MUD RUN ENTRY FORM**

MAY 8, 2010

Sleepy Hollow Sports Park | Des Moines, IA

10:00 AM - ISF MUD RUN (3 MILES)

10:30 AM - THE MILE MUD RUN



PRESENTED BY THE UNIVERSITY OF IOWA

POSTMARK BY MONDAY, APRIL 26 - \$20 ENTRY FEE

- FORM CAN BE COPIED
- ATHLETE'S T-SHIRT INCLUDED WITH ENTRY FEE
- IF ORDERING XXL T-SHIRT ADD \$1 TO ENTRY FEE
- MAKE CHECK OR MONEY ORDER PAYABLE TO "IOWA SPORTS FOUNDATION"

Please Print All Information

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Day Phone _____ Night / Cell Phone _____

E-mail _____

DOB _____ Gender: M F T-shirt Size: Y S M L XL XXL
(add \$1)

* T-SHIRT SIZES ARE ADULT SIZES EXCEPT Y=YOUTH 14-16

Event Code:

EVENT CODES

3 MILE MUD RUN		
FEMALE	MALE	AGE DIVISIONS
MR 110	MR 210	14 & Under
MR 111	MR 211	15 - 19
MR 112	MR 212	20 - 24
MR 113	MR 213	25 - 29
MR 114	MR 214	30 - 34
MR 115	MR 215	35 - 39
MR 116	MR 216	40 - 44
MR 117	MR 217	45 - 49
MR 118	MR 218	50 - 54
MR 119	MR 219	55 - 59
MR 120	MR 220	60 - 64
MR 121	MR 221	65 - 69
MR 122	MR 222	70 & Over
1 MILE FUN RUN		
FEMALE	MALE	DIVISION
MR 300	MR 400	OPEN

REGISTER ONLINE AT WWW.IOWASPORTSFOUNDATION.ORG

***Age Determining Date: May 8, 2010**

WAIVER

Must be signed by athlete and/or parent/guardian if under age 18. / Applicants under age 18 must have parent or guardian complete Parts "A" & "B", 18 and over complete Part "A" only.

PART "A" - WAIVER & RELEASE FROM LIABILITY

In consideration of being permitted to enter for any purpose any RESTRICTED AREA (herein defined as the areas to which admission by general public spectators is prohibited and in addition, consisting of the planned route, or any other area which the participant chooses to access by any mode of transportation), or being permitted to compete, officiate, observe, work for, or for any purpose participate in any way in the event, EACH OF THE UNDERSIGNED, for himself/herself, his/her personal representatives, heirs, next of kin, acknowledges, agrees and represents that he/she has, or will immediately upon entering any of such restricted areas, and will continuously thereafter, inspect such restricted area or areas and all portions thereof which he/she enters and with which he/she comes in contact, and he/she does further warrant that his/her entry upon such restricted area and that he/she finds and accepts the same as being safe and reasonably suited for the purpose of his/her use, and further agrees and warrants that if, at any time, he/she is in or about restricted areas and he/she feels anything to be unsafe, he/she will immediately advise the officials of such and will leave the restricted area(s):

1. HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the Iowa Sports Foundation, d/b/a Iowa Games, its affiliated clubs, organizations and licensed medical professionals, their respective administrators, officers, directors, representatives, agents, coaches, the promoters, hosts, other participants, operators, officials, sponsors, advertisers, owners and leasees of premises used to conduct the event and each of them, their officers, and employees, all for the purposes herein referred to as "releasees", from all liability to the undersigned, his/her personal representatives, assigns, heirs and next of kin for any and all damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in or upon the restricted area, and/or competing, officiating in, observing, or working for, or for any purpose participating in the event;
2. HEREBY AGREES TO INDEMNIFY AND SAVE HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or upon the restricted area or in any way competing, officiating, observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the releasees or otherwise.
3. HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to the negligence of releasees or otherwise while in or upon the restricted area and/or while competing, officiating, observing, or working for or for any purpose participating in the event.
4. EACH OF THE UNDERSIGNED expressly acknowledges and agrees that the activities at the event and in the restricted areas are dangerous and involve the risk of serious injury and/or death and/or property damage. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.
5. Hereby consent to allow my picture and/or voice or likeness to appear in any official documentary, promotional, exclusive television, radio or film coverage of the Iowa Sports Foundation, d/b/a Iowa Games in any manner incidental to my participation in the Iowa Sports Foundation, d/b/a Iowa Games and without compensation to me.

THE UNDERSIGNED HAS READ THIS WAIVER AND RELEASE FROM LIABILITY, FULLY UNDERSTANDS ITS TERMS, UNDERSTANDS THAT SUBSTANTIAL RIGHTS ARE GIVEN UP BY SIGNING IT, AND SIGNS IT FREELY AND VOLUNTARILY, and further agrees that no oral representatives, statements or inducement apart from the foregoing written agreement have been made. This waiver release and indemnification agreement, specifically embraces each and every event sanctioned, authorized, sponsored, cosponsored, or promoted by said releasees during the entire season, including, without limitation, local or regional qualifying events, wherever located, and applies to each and every event, or activity hereinabove mentioned, and has the same effect as if executed after each and every activity or event in which the undersigned participates so that the parties herein intend to be released and indemnified shall be fully and effectively released and indemnified as to each and every event hereinabove described.

Signed _____ Date _____

PART "B" - PARENT/GUARDIAN WAIVER - RELEASE FROM LIABILITY

(If applicant is under 18 years of age, the parent(s) or guardian(s) must execute in addition to the above, this following waiver:)

The Undersigned, referred to as the parent(s) and natural guardian(s) or legal guardian(s) of the above named player(s) thereby represent that he/she (they) is (are), in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties herein referred to above as releases from all liability, loss, cost, claim or damage whatsoever may be imposed upon said releasees because of any defect in or lack of such capacity to so act and release said releasees on behalf of the undersigned.

Parent/Guardian _____ Date _____

Mail entry form and fee to: Iowa Sports Foundation, 1421 S. Bell Ave. #104, Ames, IA 50010