



The Race

The 1st Annual hardCORE serious trail runner 8k.

**The race will take place at the US National Whitewater Center:
5000 Whitewater Center Parkway Charlotte, NC 28214**

Start Times

Saturday, February 20, 2010

Race Start 9:00 a.m.

Fees

Till Jan 31: \$25.00

Feb 1-Feb 20: \$30.00

Race Day: \$35.00

Make all checks payable to: hardCORE serious fitness

Parking on race day will be waived with proof of pre-registration. Otherwise the parking fee is \$5.00.

Registration:

www.queencitytiming.com

Or mail PO Box 2303 Huntersville, N.C. 28070

Race Day Registration will take place from 7:30-8:30 a.m. at the US National Whitewater Center.

Packet Pick-up

Packet pick-up will be held at Fleet Feet Fitness at Birkdale Shopping Center, Huntersville, N.C. 28078.

-Thursday, February 18 10am-7pm

-Friday, February 19 10am-7pm

At the Whitewater Center prior to start:

-Saturday, Feb 20 7:30am-8:45am

Race Course

This is an 8k technical trail race that contains roots, hills, rocks, uneven dirt and possibly muddy surfaces. There will be 1-4 mile markers. Runners can expect one water stop approximately 2.5 miles into the race.

Rain Out

The US National Whitewater Center officials will take every effort to keep the trails open for the race. In the event of a rain out the date of the race will change to Sunday, February, 21, 2010 at 9:00 a.m.

Shirts

The long sleeve technical race shirts are only guaranteed to runners that register before Wednesday, February 1, 2010.

Awards

Awards will be following the race and given to the top male and female and best time for each age category.

Proceeds

A portion of the proceeds will be donated to provide scholarships and supplies for the participants of the Davidson, Cornelius, and Huntersville Parks and Recreation Therapeutic Recreation Programs.

Questions:

Email: Bear Robinson at tsrobinson6@hotmail.com or Robin Kruse at scttkrse@bellsouth.net

REGISTRATION FORM

(ONE FORM PER PARTICIPANT)

- Till February 1 \$25.00
- February 1-February 19 \$30.00
- Race Day \$35.00

Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Phone _____

Gender: (Circle) Male Female Age__ DOB__

Technical T-shirt Size: Men's XS S M L XL

MAKE ALL CHECKS PAYABLE TO: hardCORE serious fitness

Mail to: PO Box 2303 Huntersville, N.C. 28070

Please select a recent 10k finish time:

____ 30-40 minutes ____ 40-50 min. ____ 50-60min. ____ 1:00-1:10min. ____ 1:10-1:20min. ____

Please sign and return both waivers with registration form.

Waivers & Disclaimers

I waive any and all claims against Hard Core Serious Fitness, the sponsors, The US Whitewater Center, Queen City Timing, its officials and assigns, and against all other organizers and/or sponsors of the "Hard Core Serious Trail Runner 8K" for illness or injury which may result directly or indirectly from my participation in the race. I further state that I am in proper physical condition to participate in this event. I am aware that this is an extremely demanding run with steep hills and rough, uneven footing. I am aware that participation in this event could result in physical injury. I also give my permission for the free use of my name and picture in any written, account broadcast or telecast of this event for any legitimate purpose. I understand that if the race is canceled because of any circumstances beyond the control of the race committee and sponsors including but not limited to hazardous weather conditions or government ban, my entry fee will not be returned. I understand that I will be charged \$10 if I do not return the champion chip to Queen City Timing after the race.

Waiver must be signed

Signature (Parent or guardian must sign for minor children)

Assumption of Risk, Waiver and Release Agreement

1 Activities are defined as all activities associated with or occurring at or near the USNWC, including, without limitation, rafting, kayaking, canoeing, climbing, biking, hiking, running, trail usage, eco-caching, utilizing the challenge course, zipping, spectating, walking and special events.

2 USNWC means U.S. National Whitewater Center, Inc., its directors, officers, employees, agents, volunteers, sponsors, advertisers and lessors.

Assumption of Risk: I understand that the Activities¹ in which I will engage at or near the U.S. National Whitewater Center

(USNWC) will expose me to many hazards and involve inherent risks of property damage and loss, and of personal injury, illness and death. I choose to participate in and observe the Activities despite all hazards and risks. I assume all hazards and risks and accept responsibility for any property damage and loss, and for any personal injury, illness and death that I may suffer from the Activities.

Waiver and Release: In consideration of USNWC providing services and facilities to allow me to participate in and observe

the Activities, and on behalf of myself and my family, heirs and personal representatives:

I waive my right to sue USNWC² for any property damage and loss, and any personal injury, emotional distress, illness and death, which I may suffer while participating in or observing the Activities, whether caused by the acts or omissions of USNWC or otherwise.

I release USNWC from all liabilities and claims arising from the Activities.

I understand that I should be in good physical health to participate in the Activities.

I promise USNWC that I will not participate in the Activities if I am under the influence of alcohol or drugs.

USNWC may take and use photographs, video, film and other images of me participating in or observing the Activities. I waive any right of privacy, publicity, compensation, copyright or other rights to those images and I consent to USNWC using those images for any purposes.

Indemnity: I agree to indemnify and hold USNWC harmless from all claims, causes of action, liability, losses, or damages for any property damage, property loss or theft, personal injury, death or other loss arising from or relating to my use of the

property, facilities, and/or services of the USNWC. I also consent to venue and jurisdiction as determined by the USNWC.

Acknowledgement of Policies and Procedures: I acknowledge reading and understanding the Rules & Regulations relating to the Activities, facilities of the USNWC, and equipment and understand that the safe and proper use of the facilities and equipment and that participation in the Activities is dependent upon carefully following the Rules and Regulations. I agree to comply with and abide by those Rules & Regulations.

Acknowledgement of Skills, Training and Physical Condition: I acknowledge that the Activities are strenuous and dangerous and require a certain degree of physical condition, ability, maturity and skill. I acknowledge that I (or my child) have the requisite skills, qualifications, physical and mental ability and training necessary to properly and safely participate in the Activities. I agree that if I have any questions as to what skills, maturity, qualifications, training or physical or mental requirements are necessary to properly participate in the Activities, I will direct those questions to the appropriate USNWC staff member on site.

Acknowledgement of Understanding: I have read this Agreement, I understand its contents and I sign it voluntarily. I intend by this Agreement **to assume all hazards and risks, waive all rights to sue and release all liabilities and claims** with respect to my participation in the Activities. I understand that this Agreement has **no expiration date** and remains in effect at all times that I am observing or participating in the Activities.

Name of Participant Participant's Signature Date

Address: _____ City: _____ State: _____ Zip: _____

Phone No.: _____ E-mail: _____ Date of Birth: _____

Emergency Contact: _____ Contact's Phone No. _____

Consent of Parent or Legal Guardian (if participant is under 18 years of age)

I certify that I am the parent or legal guardian of the above named Participant, that I have read and understood the Rules & Regulations and that the Participant is of adequate physical health, maturity, ability and skill and voluntarily participates in the Activities. I give my permission for Participant to participate in the Activities and I execute this Assumption of Risk, Waiver and Release Agreement on his/her behalf. This Agreement shall apply to and bind me and the Participant.

Name of Parent/Guardian of Participant if Minor Parent/Guardian's Signature Date

Please exclude me from all correspondence from the USNWC such as newsletters, notices and offers.