



Whether you're a contender for King and Queen of the Hill or just looking for guidance on exploring and enjoying some of the island's trails and natural areas, join Go Run! and the BI Land Trust at this year's Taste of Lynwood festival for the **Baker Hill Challenge**, the first event in the **Go Race! Run! Hike! 2012-2013**

Bainbridge Trail Series:

- **Race!** a 1-mile dash up the front side of the infamous Baker Hill to Gazzam Lake, at 9:30am sharp
- **Run!** a flat, family-friendly course on the Gazzam Lake trails, from 10:00am on
- **Hike!** the Schel Chelb and Peters trails between Lynwood Center and Gazzam Lake, from 11:00am on

Please visit the Island Fitness website (www.island-fitness.com) for information on check-in, awards, and additional event details.

REGISTRATION FORM: This form must be received by September 13th.

- Participate in any or all of the 3 components of the event for one price. Pre-registration is \$15 for adults (18+) and \$10 for minors (<18).
- Limited edition t-shirts (long sleeve, dark green tech fabric) are available for an additional \$25.
- Make checks payable to "Go Run!"
- Mail or drop-off your completed form and check to Island Fitness (190 Madison Ave N) **OR** Treehouse Café (4569 Lynwood Center Rd NE), Bainbridge Island, WA 98110.

Name:		Contact e-mail:	
Registration fees: <input type="checkbox"/> Adult (\$15 / 20) <input type="checkbox"/> Minor (\$10 / 15)		Gender: M / F Age:	
Add \$25 for t-shirt (green, L/S, tech): Specify unisex size: XS / S / M / L / XL		Division(s): Race! / Run! / Hike!	
Amt pd:	Payment method:	Date pd:	
Signature of Participant (parent/guardian signature required if under 18) – Please see waiver on reverse.			

Waiver and Release from Liability

In consideration of being allowed to participate in any way in the Go Race! Run! Hike! Baker Hill Challenge (the Event) and related activities, as sponsored and organized by Island Fitness (the Club) and Taste of Lynwood (the Event Manager), the Participant acknowledges, appreciates and willingly agrees that he/she will be engaging in activities that involve risk or serious injury, including permanent disability and death, and severe social and economic losses which may result not only from his/her own actions, inactions or negligence but the action, inaction or negligence of others, or the condition of the Event premises or of any equipment used. Further, the Participant accepts personal responsibility for the damages following such injury, permanent disability or death. The Participant knowingly and freely assumes all such risk, both known and unknown, even those arising from the negligent acts or omissions of others, and assumes full responsibility for his/her participation.

The Participant further agrees that when engaging in any physical exercise or activity, such as for the Event, he/she shall assume any and all risk of injury, including but not limited to physical injury, contraction of an illness and development of a new medical condition or aggravation of an existing one. The Participant also agrees that he/she is responsible for consulting with a physician regarding personal physical limitations and restriction of activities prior to engaging in the Event, and the Club and Event Manager are not liable for any injury resulting from a failure to consult. The Participant agrees that he/she is assuming all risk of any damage, theft, destruction, or loss of any personal property, which he/she or guest may bring to the Event premises. The Participant agrees on behalf of himself/herself and personal representatives, executors, administrators, heirs, agents, and assigns to release and discharge Club and Event Manager and its owners, affiliates, employees, officers, agents, representatives, successors and assigns from any and all causes of action arising out of the Club and Event Manager's negligence.

Further, the Participant understands and agrees that he/she will use the Event facilities at his/her own sole risk and that the Club and Event Manager shall not be liable for any injuries or any damage to any Client or the property of any Client, or be subject to any claim, demand, injury, or damages whatsoever, including without limitation, those damages resulting for any acts of active or passive negligence on the part of the Club and Event Manager, employees, or owners. The Client, for him/herself, and on behalf of his/her personal representative(s), assigns and successor(s), does hereby expressly forever release and discharge the Club and Event Manager, its successors and assigns, as well as its employees, other members, and owners, from and any and all such claims, demands, injuries, damages, suits, or action(s) whatsoever.

I, the undersigned Participant, have read this release of liability and assumption of risk agreement, fully understand its terms, and sign it freely and voluntarily without any inducement.

Printed Name of Participant

Participant's Signature (including minors)

Date

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to indemnify and hold harmless the releases from any and all liabilities incident to my minor child's involvement or participation in these programs above, even if arising from their negligence, to the fullest extent permitted by law.

Parent/Guardian Signature (required if participant is under 18)