

1st Annual
Ouabache/Wabash Trails
Trail Run
Sponsored by



Saturday May 11th
10:00 a.m. Eastern time – ?? Mile Trail run

The First Annual Ouabache trail run is an enjoyable run through one of Knox County's best recreational facilities. The run will start in the upper park and will go through several well-marked trails that will finish in the lower park area. You will run in some rough terrain, water, mud, and over or around natural obstacles.

This event will also feature a categories for male, female and co-ed teams.

All proceeds from event will go to the sponsoring agents

Trail Run/Walk Race
(Overall Male & Female)

TROPHIES

Trail Run/Walk Team Event

Male	Female
0-14.....2	0-14.....2
15-19.....3	15-19.....2
20-29.....2	20-29.....3
30-39.....2	30-39.....2
40-49.....2	40-49.....2
50-59.....2	50-59.....1
60-69.....2	60-69.....2
70+.....1	70+.....1

Male	Female	Co-Ed
0-30	0-30	0-30
30-over	30-over	30-over

Name _____ Sex _____ Age as of May, 2013 _____

Teammate (if you are running in team event) _____

Address _____ City _____

e-mail address _____

State _____ Zip _____ Phone _____ Fees Paid _____

T-Shirt Size: Small _____ Med _____ Large _____ X-Large _____ \$40 _____

You need to arrive at least 30 min early to get properly numbered and instructed on the run

WAIVER

In consideration of the foregoing, I for myself, my executors, administrators, and assigns, do hereby release and discharge the SPONSORS, and Knox County Parks and its departments, The Knox County Chamber of Commerce and other parties involved in the 1st annual Ouabache Wabash trail Run from all damages, demands, actions and causes of action and causes of action whatsoever, in any manner arising out of growing out of participation in said run. I certify that I have run this distance or longer in practice prior to this event.

Signature _____