

2009 Dunn Tire Mountain Goat Run Entry Form

Register online at: www.mountaingoatrun.com

Entry - check one

10-mile run

3K run/walk

Both 10mi & 3K

½ mile kids run

<input type="text"/>	<input type="text"/>	<input type="text"/>
LAST NAME	FIRST NAME	MI
<input type="text"/>		
NUMBER AND STREET		
<input type="text"/>	<input type="text"/>	<input type="text"/>
TOWN/CITY	STATE/PROV	ZIP/POSTCODE
<input type="checkbox"/>	<input type="text"/>	EMAIL: _____
SEX	AGE	
PHONE: _____	<input type="text"/>	<input type="text"/>

RACE USE ONLY

In consideration of your accepting this entry, I the undersigned intending to be legally bound, hereby for myself, executors and administrators, waive and release any and all rights and claims I may have against The Mountain Goat Run Foundation, Inc., its board of directors and race committee, volunteers, sponsors, City of Syracuse NY, Syracuse Track Club, their representatives, successors and assigns for any and all injuries suffered by me in said events. I attest and verify that I am physically fit and have trained sufficiently for the competition of this race. I hereby grant permission to the Mountain Goat Run Foundation, Inc. and any other sponsors of this event to use all information submitted in this entry, and any record of this race containing my likeness, as well as race results including my name and competition time, for any purpose whatsoever, including but not limited to, race publicity. For reasons of safety, the use of strollers, baby joggers and music or radio headsets in the 10 mile race, 3K Run/Walk, and kids fun run is prohibited.

Signature: _____ Date: _____

Parent/Guardian Signature (if under 18) _____

Shirt size (circle ONE)	S	M	L	XL	Youth
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Entry Fees (no refunds or exchanges)				
	Postmarked by 2/28	3/1 - 4/22	4/23 - 4/28	4/29 - Race Day
Mountain Goat 10 Mile Run	\$25	\$28	\$32	\$40
Mountain Goat 3K Run/Walk	\$14	\$16	\$18	\$20
BOTH 10 Mile & 3K (one shirt)	\$30	\$33	\$36	\$45
Fox 68 Kids ½ Mile Chase	\$ 5	\$ 5	\$ 5	\$ 5

Make checks payable to: The Mountain Goat Run Foundation, Inc.
PO Box 481
Syracuse, NY 13214