

Race Information And

Registration:

www.mitchellraces.com,

www.active.com or

Dr. Monica Boyd

828.765.7351 ext. 224

mboyd@mayland.edu

Or

Matt Hollifield

matthollifield@mitchellraces.com



MAYLAND TOXIC TRAIL RACES C/O MONICA BOYD

P.O. Box 547

Spruce Pine, NC 28777



April 21st, 2012

15K (9.3 Miles)

11:00am

(RAIN OR SHINE)

Race starts at Mayland Community College. This intoxicating trail winds through mountain laurel, challenging HILLS, Christmas tree farms, rhododendron, numerous switchbacks, singletracks, muddy spots, and rocky spots all while taking in amazing views of Grandfather, Mt. Mitchell, and Roan Mountain.

5K (3.1 Miles)

Trail Race

11:00am

This will be one of the most challenging, exciting, and fun 5K's you will experience.



Awards and Presentations:

15K Overall: Top two Male and top two Female finishers.

Top 50

(No double dipping.)

5K Overall: Top Male and Top Female.

Top 25

Awards Ceremony

The awards presentation and door prizes will be held immediately following the races. Awards and door prizes will not be mailed.

Fees : (non-refundable)

\$20 before April 6th, 2012

\$30 after April 6th and Race Day

Make check payable to: MAYLAND CC (Memo race)

RETURN TO:

Mayland Community College

Attn: Monica Boyd

PO Box 547

Spruce Pine NC 28777

All Proceeds will benefit the Mayland Community College Scholarship Program

Due to terrain and number of runners, no strollers or dogs are allowed on either course.

Registration:

Register online at www.active.com, *or download a form at www.mitchellraces.com and www.mayland.edu.

*small fee for online registration.

Pre-registered runners are guaranteed a t-shirt.

Packet Pick-Up:

PRE-REGISTRATION and PACKET PICK-UP

Friday, April 20, 2012 10:00 am—2:00 pm at Mayland Community College (Student Development) Spruce Pine NC

RACE DAY REGISTRATION and PACKET PICK-UP: Saturday, April 21, 2012 from 9:00-10:30 am at Mayland Community College. (Courtyard) ARRIVE EARLY.

PLEASE ENTER ME IN: _____ 15k RACE (Rain or shine!) _____ 5K (RACE)

Last Name: _____ First Name: _____ Age: _____

Address: _____ Sex _____

City/State/Zip: _____ Shirt Size: XS S M L XL (XXL \$2 extra)

Phone: _____ Email: _____

Liability/Publicity Waiver and Release: Upon acceptance of my entry, I for myself, my heirs, executors and assigns, do hereby release the officials and volunteers of the Mayland Trail Races and any and all sponsors, their representatives and successors and any individual or group associated with this event from all claims or liabilities of any kind arising out of my participation in this event even though that event may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, verbal or written statements or any other record of this event for any legitimate purpose without limitation or further compensation. I know that running and participating in this event is potentially hazardous.

I should not enter and run this event unless I am medically able and properly trained. I agree to abide by any decision of an official relative to my ability to safely complete this event. I assume all risks associated with running and training for this event including, but not limited to, falls, contact with other participants, the effects of weather, including conditions of the roads, trails, water, and traffic on the course, all such risks being known and appreciated to me. I FULLY UNDERSTAND

THIS IS A DIFFICULT RACE WHERE I MAY GET MUDDY, I MAY FALL, I WILL LAUGH, HAVE FUN, BE CAREFUL, AND SHOW GOOD SPORTSMANSHIP. I WILL WATCH THE CHILDREN I BRING TO THE RACE VERY CAREFULLY. I fully understand there are NO REFUNDS.

(Signature)

Signature Parent/Guardian (if under 18) Date _____

In case of an emergency, notify: _____ Phone: _____