



# Trail Clinic Registration 2010

Online registration available at [EventsOnline.ca](http://EventsOnline.ca)

**In 2010, all clinics include the race. If you cannot do the spring or summer race, you get partial refund.**

**Contact information: [info@mountainmadness.ca](mailto:info@mountainmadness.ca), 604-990-9815 (Heather)**

Note: Clinics meet at North Shore Athletics on the first day, 1200 Lonsdale Ave North Vancouver. Plan to carry water.

Season	Level	Clinic	Fee	Start	Race Goal
Winter	Intermediate	Dirty Duo, Sat, 8 weeks, 8:30 a.m. (Includes race fee.)	\$100	Jan 16	Mar 13 Dirty Duo 15 km run
	Advanced	Dirty Duo, Sat, 8 weeks, 8:30 a.m. (Includes race fee.)	\$100	Jan 16	Mar 13 Dirty Duo 25 km run
Spring	Short Course	Tender Knee, Sat, 10 weeks, 8:30 a.m. (Includes race fee.)	\$145	Mar 27	May 30 Tender Knee 12 km
	Advanced	Iron Knee, Sat, 10 weeks, 8:30 a.m. (Includes race fee.)	\$145	Mar 27	May 30 Iron Knee 25 km
Summer	Short Course	Loop the Lakes, Sat, 7 weeks, 8:30 a.m. (Includes race fee.)	\$115	Aug 7	Sep 12 Loop the Lakes 8 km
	Intermediate	Loop the Lakes, Sat, 7 weeks, 8:30 a.m. (Includes race fee.)	\$115	Aug 7	Sep 12 Loop the Lakes 15 km
	Advanced	Frosty or Rubble Creek, 8 weeks Sat 8:30 a.m. (Includes race fee.)	\$135	Aug 7	Sep 18, Frosty Mtn 25 km or Sep 26 Rubble Creek 25 km
Fall	Intermediate	The Phantom Run, Sat, 8 weeks, 8:30 a.m. (Includes race fee.)	\$100	Sep 25	Nov 13, Phantom 19 or 24 km
	Short Course	The Phantom Run, Sat, 8 weeks, 8:30 a.m. (Includes race fee.)	\$100	Sep 25	Nov 13, Phantom 12 km

Trail locations list is always posted on the Mountain Madness home page: [www.mountainmadness.ca](http://www.mountainmadness.ca)

## Your Stuff (please complete ALL fields)

Last Name	_____	First Name	_____
Home Phone	_____	Shirt Size	_____
Runs per week?	_____	Gender	M F Age
Email (print)	_____		
Cross training?	_____		
Address (full)	_____		
Goal for clinic?	_____		
Emergency phone number	_____	Home phone:	_____
Longest distance run?	_____		
	Comfortable distance right now?		

## Clinic

	Check One	Fee	Distance	Season?
<input type="checkbox"/>	Short Course			
<input type="checkbox"/>	Intermediate			
<input type="checkbox"/>	Advanced			
	Add GST 5%			
	Total			

**Waiver.** In consideration of your acceptance of this entry, I hereby for myself, executors, administrators, and personal representatives release the organizers of these events, their agents and volunteers and the event's sponsors from all liability, and I waive, as against the organizers, agents, volunteers and sponsors, all claims whatsoever that I might have for personal injuries, death, property losses, or property damage suffered by participating in these events.

## Payment

- Cheque payable to **Mountain Madness**. Bring to clinic on first day.
- Gift/credit for past event. Event: \_\_\_\_\_

Clinics include detailed route descriptions, discount at NSA, booklet, a clinic gift, great scenery, experienced leaders, draw prizes, trail tips, guest speakers, major fun, and a chance to meet some crazy people.

**Sign Here**

Signature	_____	Date	_____
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