



Trail Clinic Registration 2012

Online registration available.

Contact: info@mountainmadness.ca, 604-990-9815 (Heather)

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

Season	Level	Clinic	Fee	Start	Race Goal
Winter	Intermediate	Dirty Duo, Sat, 8:30 a.m. <i>Includes race fee.</i>	\$100	Jan 14	Mar 10 Dirty Duo 15 km run
	Advanced	Dirty Duo, Sat, 8:30 a.m. <i>Includes race fee.</i>	\$100	Jan 14	Mar 10 Dirty Duo 25 km run
Spring	Short Course	Tender Knee, Sat, 8:30 a.m. <i>Includes race fee.</i>	\$135	Mar 24	May 27 Tender Knee 12 km
	Advanced	Iron Knee, Sat, 8:30 a.m. <i>Includes race fee.</i>	\$135	Mar 24	May 27 Iron Knee 25 km
Summer	Various	Orientation runs.	free		
Fall	Intermediate	The Phantom Run, Sat, 8:30 a.m. <i>Includes race fee.</i>	\$100	Sep 15	Nov 17, Phantom 19 or 24 km
	Short Course	The Phantom Run, Sat, 8:30 a.m. <i>Includes race fee.</i>	\$100	Sep 15	Nov 17, Phantom 12 km

Where do we meet? Trail locations list is always posted on the Mountain Madness home page under What's New: www.mountainmadness.ca

Your Stuff (please complete ALL fields)

Last Name _____		First Name _____	
Home Phone _____		Shirt Size _____	
Address (full) _____			
City/Postal Code _____			
Email (print) _____			
Shoe Size _____		Gender <input type="checkbox"/> M <input type="checkbox"/> F	
Age _____			
Cross training? _____			
Goal for clinic? _____			
Emergency phone number _____			Runs per week? _____
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 HST 12%			
	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, races, 2 training runs, 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 _____