

# Flatwoods Ramble 10M / 5K

The Race Flatwoods Four always wanted to be



**Where:** Flatwoods Park near I-75 & Fletcher Ave. in Tampa, FL

**When:** Sunday February 19, 2012 10M starts at 8:00am, 5K starts at 8:15 am

**Course:** The course uses the wonderful single track and double track trails of Flatwoods. This course is on entirely different trails than the discontinued Flatwoods Four race.

## Other Details

**Amenities:** Full-Color T-Shirts, Race Packets, post race party, **Waffle Breakfast**, DJ

**Awards:** Top Finisher Awards will be given in each race (Top 25 for each race)

**Overall Male/Female/Master Male/Master Female** will receive a special award

**Charity:** [Wilderness Parks](#) (a \$5 donation will be made for every runner)

**Parking:** Please try to carpool to the event if possible

**Contact:** Call (813) 232-5200, email at [jim@tamparaces.com](mailto:jim@tamparaces.com), or go to [www.TampaRaces.com](http://www.TampaRaces.com)

## I was born a Ramblin' Man

Entry Fees:	Pre-Registered (Until 2/16/12)	Race Day	RAIN OR SHINE
5K Trail Run	\$27	\$32	Online Registration: <a href="http://Active.com">Active.com</a>
10M Trail Run	\$40	\$45	

**Checks Payable To: Event Operations 2302 Central Ave. Tampa FL 33602**

Runner Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Phone: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email: \_\_\_\_\_ 10M \_\_\_\_\_ 5K \_\_\_\_\_

**FLATWOODS RAMBLE**

**T-Shirt Size S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_**

For and in consideration of Hillsborough Trails, Inc. and USA Track & Field, Inc. allowing me, the undersigned, to participate in The Flatwoods Ramble: I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

- I hereby represent that (i) I am at least eighteen (18) years of age or older; (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well being at all times and under all circumstances while at the Event site.
- I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event.
- I agree to be familiar with and to abide by the USATF Bylaws, Operating Regulations, and Competition Rules established for the Event, including any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.
- I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: the USOC, USA Track & Field, Inc., its Associations and Sport Disciplines, Event Organizers, Event Directors and Promoters, Sponsors, Advertisers, Coaches and Officials; Venue and Property Owners upon which the Event takes place; Law Enforcement Agencies and other Public Entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Signature (Parent or guardian signature is mandatory if participant is under 18) \_\_\_\_\_ Date \_\_\_\_\_