9th Annual Lake Natoma Four Bridges Half Marathon & 3-Person Relay & 2nd Annual Kids 1-Mile Scary Scamper

Presented by Mercy — A member of CHW — Mercy Hospital of Folsom

Entry Form (for entries submitted at the Haunted House Health & Fitness Expo)

Sponsored by Ameriprise Financial Services

Be sure to:
- Complete all applicable boxes.
- One entry per person.
- No refunds or transfers.
- Photocopies are acceptable.
- Do not staple check to form.

Questions?
- Visit the LN4B Web site FourBridgesHalf.org;
- Email ln4b@jhu.edu or ln4b@ncbb.net
- Call 916/983-4622 during business hours.

Sacramento Running Association EVENTS

Please print NEATLY!

Check event: 1a ☐ **Half Marathon** 1b ☐ **3-Person Relay** 1c ☐ **Kids 1-Mile Scary Scamper**

2 Last Name (Half Marathon, Relay Team Captain or Scary Scamper entrant) | 3 First Name | Middle Initial

4 Mailing Address | Apt. No.

5 City | 6 State | 7 Zip/Postal Code

8 Predicted Half Marathon Time : :

9 email address

10 Area Code - Day Phone -

11 Birth Date (mo./day/yr.) *Required for all entrants.*

12 Age on 10/25/08

13 Circle Gender M F

14 Circle Shirt Size
Men's S M L XL
Women's S M L XL
Kid's S M L

15 Circle Relay Division: **All Male** **All Female** **Coed**

16 Relay Team Name:_____

17 Relay Team Member #2_____

17a Circle Shirt Size
Men's S M L XL
Women's S M L XL

18 Relay Team Member #3:_____

18a Circle Shirt Size
Men's S M L XL
Women's S M L XL

19 Where did you hear about LN4B? **Magazine** **Expo** **Goody Bag** **Friends** **Internet** **Previous Entrant** **Other**

Name Magazine, Expo or Goody Bag, or describe Other _____

20 Number of LN4Bs finished _____

21 At which hotel are you staying?_____

EXPO ENTRY FEES	
☐	HALF MARATHON: $60
☐	3-PERSON RELAY: $90
☐	Kids Scary Scamper: $10 *Open to Kids 14 & Under only*

TOTAL ENCLOSED (in USD)

$_____

Make payment payable to "LN4B"

ENTRY CHECKLIST		
		Are all applicable boxes filled in?
		Did you enclose proper entry fee?
		Did you read and sign waiver (#22)?

22 **MUST READ AND SIGN** Official Release/Agreement: As consideration for being permitted by SLDRA, The California State Park System, the state of California, and the cities and county in which the race is contested, (hereinafter collectively referred to as "Promoters and Sponsors") to participate in the Lake Natoma Four Bridges Half Marathon and Three-person Relay, I hereby agree that I, my assignees, heirs, distributees, guardians and legal representatives will not make a claim against, sue or attach the property of the Promoters and Sponsors, for any and all injuries or damage arising from my participation in the Lake Natoma Four Bridges Half Marathon and Three-person Relay. I also give free use of my name and/or picture in any broadcast, telecast, or other account of this event. Assumption of Risk: I am aware that running a half marathon is a strenuous and potentially dangerous activity. With knowledge of the risk involved, I hereby agree to accept any and all risks of injury or death. I represent and certify that I am physically fit and have sufficiently trained for this event. I have carefully read this agreement and understand its contents. I'm aware that this is a release of liability and a contract between myself and the Promoters and Sponsors and sign it of my own free will.

_____
Signature (Half Marathon entrant or Rely Team member #1; parent or guardian if entrant is under 18) Date

_____
Signature (Rely Team member #2; parent or guardian if entrant is under 18) Date

_____
Signature (Rely Team member #3; parent or guardian if entrant is under 18) Date