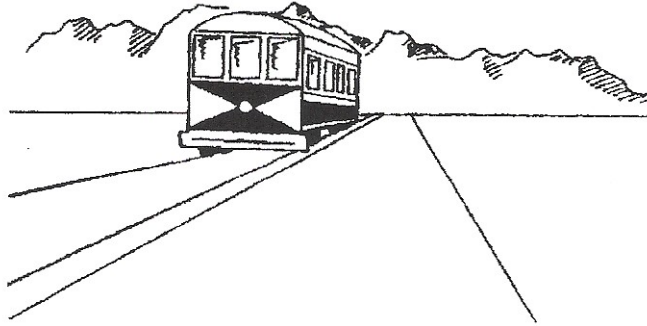


## Mountain Avenue Mile

August 13, 2009 Thursday Evening  
6:30 PM  
Downtown Fort Collins



### Race Schedule

	Wave:	Sponsored by:	Start Time:
Wave #1	FUNRUN <sub>(non-competitive)</sub>	Rio Grande Restaurant	6:30pm
Wave #2	Boys/Girls Competitive	Runners Roost	6:45pm
Wave #3	Beauty and Beast	Foot of the Rockies	6:55pm
Wave #4	Male Masters	Club at Old Town	7:05pm
Wave #5	Open Women	Saucony	7:15pm
Wave #6	Open Men	Anaerobic Management	7:25pm

### Race Course:

Start is on Mountain Avenue Mile just East of Shields  
Run down North side of Mountain Avenue to Mason  
Turn left onto Mason just before the train tracks  
**Finish just North of Laporte at 215 North Mason**

All proceeds from the Mountain Avenue Mile are used to fund "Beyond the Mirror" Outreach programs. Beyond the Mirror is an organization that counsel and educates individuals who are experiencing struggles with food, body image and disordered eating. Outreach is FREE for all public schools. Presentations are given to students on eating disorders and body image.

**Post Race Awards and Party 7:45pm Rio Grande Ballroom**

## Registration:

### Registration Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Age \_\_\_\_\_  
Sex: M    F

**Wave:** 1   2   3   4   5   6

**Registration Fees:**

Pre registration	\$10
After July 31 <sup>st</sup>	\$15
Race Day	\$20
Jr High/High School Teams	\$25
T-Shirt	\$5

**Total** \_\_\_\_\_

Checks Payable to: **Mountain Avenue Mile**

Registration available on active.com  
Runners Roost Fort Collins  
Foot of the Rockies  
the Club at Old Town  
Mail-in-entries:  
Jane Welzel  
261 Pine Street #203  
Fort Collins, CO 80524

### Waiver

In consideration of the acceptance of my entry, I, the undersigned participant for myself, my family members, heirs, administrators, personal representatives, successors and assigns, hereby fully release, discharge and hold harmless all sponsors, including Mountain Avenue Mile, City of Fort Collins, Runners Roost, Northern Colorado Running Foundation, volunteers, any sponsors, owners and operators of event motor vehicles and/or bicycles and officers, directors, employees, race officials and lessors or any of the foregoing persons or entities from any and all liability, whether resulting from negligence of any aspect of the Mountain Avenue Mile, including any pre-race or post-race activities. I also expressly covenant with the aforementioned persons and entities, not to use any such persons for any activity, including the negligence of any such person or entities. I certify and represent by my application for entry that my physical condition is adequate to compete safely in the Mountain Avenue Mile, and I hereby acknowledge that the above persons and entities have no obligation to provide medical care and have not undertaken the responsibility to do so. In the event I receive medical care as a result of a medical emergency, I hereby consent to such care and fully release the person(s) providing such care from any and all liability, whether resulting from negligence or otherwise. I hereby certify that I have fully read and understand the foregoing release, and waiver and covenant not to sue and sign it knowingly, willingly, and voluntarily.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date